

Exercise Physiology- BIO 340 Fall '02

Quiz 2

Rank the three energy systems we have discussed (immediate, nonoxidative & oxidative) in order from highest to lowest maximal capacity (put the one with the greatest total energy available first):

Rank the three systems in order of maximal power (kcal/min), with the first having the highest power, and the last having the lowest power.

Define Km.