# Energy systems in sport

If you have not already done so, watch the 5 videos in the section titled ‘Energy systems investigation’. In the table below describe two of the activities you have watched that mainly use the aerobic energy system and two that would mainly use the anaerobic energy systems. Email this to your tutor when complete.

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| --- | --- | --- |
|  | **Sport 1** | **Sport 2** |
| **Aerobic energy system** |  |  |
| **Anaerobic energy system** |  |  |