

PTS Canfitpro Exam Review (New 2025/2026) A+ Guaranteed and Correctly Solved Answers

1. Name the four ATP energy systems and how long they provide energy for.: ATP-CP - 1-10 sec's at very high intensity
Glycolytic - high intensity 10 secs - 2-3 min
Oxidative - mid to low intensity +2 min
Fatty Acid Oxidation - low intensity +2 min

2. How many units of ATP does each ATP energy system deliver?: ATP-CP: 1 unit of ATP/ unit of CP

Glycolytic: 2-3 ATP/unit of glucose
Oxidative: 38

ATP/ unit of glucose

Fatty Acid Oxidation: 100 ATP/unit of fatty acid

3. What is EPOC?: excess post-exercise oxygen consumption

4. What is the lactate threshold?: The point at which the aerobic system cannot supply enough ATP for the needs of the body

5. What type of fuel does the ATP-CP energy system use?: Stored ATP

6. what type of fuel does the glycolytic system use?: blood glucose, muscle glycogen

7. what type of fuel does the oxidative system use?: blood glucose, muscle glycogen

8. what type of fuel does the fatty acid oxidation system use?: fatty acids in the blood stream

9. What is the work to rest ratio for ATP-CP interval training?: 1:3-1:6

10. What is the work to rest ratio for glycolytic system interval training?: 1:2-1:5

11. What is the work to rest ratio for oxidative system interval training?: 1:.5 - 1:1

12. Why do you not use work relief to train ATP-CP system?: Adequate rest is needed to replenish ATP in the cells

13. Why would you use work relief to train glycolytic system?: Blocks ATP replenishing of ATP

Body relies on lactic acid

14. Oxidative interval training, why rest relief?: If lactic acid not cleared from the system

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
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