**Fitness Session 5 Resources**

A list of all the resources used for creating Fitness Session 5.

**Books**

Martini, F.H., Ober, W.C., Bartholomew, E.F., Nath, J.l. (2013). Visual Essentials of Anatomy and Physiology.

**Websites**

<http://kidshealth.org/teen/your_body/body_basics/metabolism.html>

https://biochemistry3rst.wordpress.com/tag/krebs-cycle/

https://www.ideafit.com/fitness-library/the-three-metabolic-energy-systems

<http://www.ptdirect.com/training-design/anatomy-and-physiology/the-atp-pc-system>

https://i.pinimg.com/originals/2e/65/11/2e6511146ab8eeedac0674bb51847126.jpg

https://www.researchgate.net/figure/Bioenergetics-of-the-electron-transport-chain-and-the-TCA-Kerbs-cycle-Pyruvate-is\_fig1\_233737352

http://www.cureffi.org/wp-content/uploads/2013/11/energy-flow-diagram.png

https://mur0016sportscience.weebly.com/energy-systems.html

<http://www.builtlean.com/2013/04/01/fat-burning-zone-myth/>

<http://en.wikipedia.org/wiki/Excess_post-exercise_oxygen_consumption>

<http://en.wikipedia.org/wiki/Cardiorespiratory_fitness>

Http://hes.ucfsd.org/gclaypo/repiratorysys.html

<http://www.teachpe.com/anatomy/respiratory_system.php>

<http://sportsmedicine.about.com/od/anatomyandphysiology/a/VO2_max.htm>

https://endurelite.com/blogs/free-nutrition-supplement-and-training-articles-for-runners-and-cyclists/the-two-things-every-endurance-athlete-should-focus-on-improving-for-optimal-performance-part-1

https://www.therunningcenter.com/vo2-max-testing-max-heart-rate-testing/

<https://www.youtube.com/watch?v=4aK76DoxKGk>

https://asthma.ca/what-is-asthma/

[http://www.innerbody.com/image/cardov.html#](http://www.innerbody.com/image/cardov.html)full-description

https://en.wikipedia.org/wiki/Stroke\_volume

https://support.polar.com/ca-en/support/faqs/Heart\_Rate\_Reserve\_HRR

**You tube**

The citric Acid cycle and Electron transport chain: <https://www.youtube.com/watch?v=Ak17BWJ3bLg>

Fast vs slow cardio: https://www.youtube.com/watch?v=SLgNRg3mh6s

Blood Flow in the heart: <https://www.youtube.com/watch?v=T2iVqTckmPQ>

Blood Pressure: <https://www.youtube.com/watch?v=qWti317qb_w>