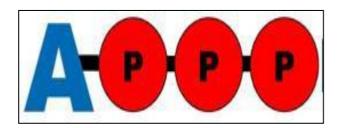
Unit 1 Principles of anatomy and physiology in sport

## Task sheet 1.8

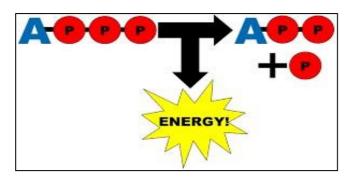
Energy Systems - The Role of ATP

What is ATP?	

1) Label the molecules that make up ATP



2) Explain what is happening in this diagram



3) Describe how ATP is resynthesized

