

GRIP STRENGTH AND MUSCLE FATIGUE

STANDARDS

- **3.2.7B, 3.2.10B, 3.2.12B** – Evaluate experimental information; describe and interpret information using qualitative and quantitative skills.
- **3.3.7B, 3.3.10B, 3.3.12B** – Describe and examine the chemical and structural basis of living organisms.



INTRODUCTION

Skeletal muscle is composed of bundles of individual muscle fibers (see Figure 1) and has unique properties which allow it to respond to stimuli by contracting. Individual muscle fibers respond to a stimulus (e.g., nerve impulse) with an all or none response, meaning the muscle fiber contracts to its maximum potential or not at all. Once a muscle has contracted, relaxation must occur before it can contract again. There are three basic types of muscle fibers: *slow fibers*, *fast fibers*, and *intermediate fibers*. Fast fibers contract quickly but for a relatively short duration. Slow fibers respond less rapidly, but are capable of a more sustained contraction. The strength of contraction of a whole

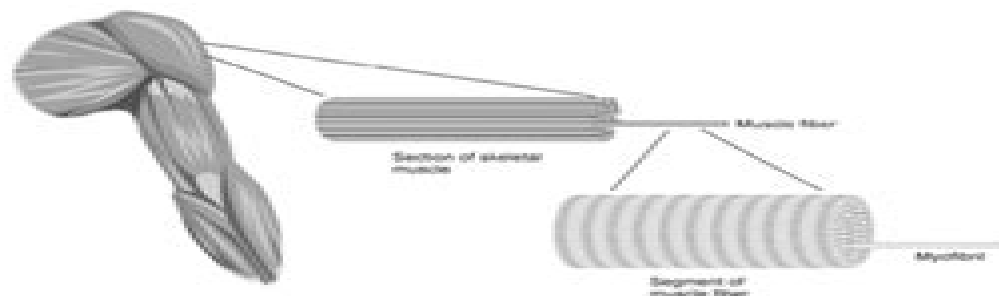


Figure 1

muscle is dependent on the number of muscle fibers involved.

Muscle fatigue occurs with prolonged or repetitive use of a muscle group, and is familiar to anyone who has ever carried a heavy suitcase or walked up a long flight of stairs. With fatigue, there is a sense of weakness and even discomfort, which eventually leads one to discontinue the activity that is causing it. The mechanism of fatigue is multifactorial and not fully understood, but is felt to involve the central nervous system, peripheral nervous system, muscle units and individual muscle fibers. At the level of muscle cells, depletion of energy stores may be important.

Regular exercise improves muscular function and delays the onset of fatigue, thus increasing the amount and duration of work that can be performed. Exercise is important for optimal athletic performance, prevention of injury in athletes and non-athletes, and

Grip Strength And Muscle Fatigue Lab Answers

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Grip Strength And Muscle Fatigue Lab Answers:

Unveiling the Magic of Words: A Report on "**Grip Strength And Muscle Fatigue Lab Answers**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Grip Strength And Muscle Fatigue Lab Answers**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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