

## Types of Skeletal Fibres

### Answers

1. Types of fibres
  - a. Slow oxidative
  - b. Fast oxidative-glycolytic
  - c. Fast glycolytic
2. Criteria
  - a. Contraction velocity
  - b. Method of ATP production
3. Match fibre type
  - a. Slow
  - b. Fast
  - c. Slow
  - d. Slow
  - e. Fast
  - f. Intermediate
  - g. Intermediate
  - h. Fast
  - i. Fast
  - j. Fast
  - k. Slow
  - l. Slow
4. Factors contributing to fibre proportions
  - a. Genetics
  - b. Training
5. Dominant fibre type in various muscles
  - a. Fast
  - b. Slow
  - c. Slow
  - d. Fast
  - e. Slow
  - f. Fast
  - g. Fast
6. True
7. Slow