

Types of Skeletal Muscle Fibres

Read Chapter 14.5

Fill in the blanks

- The 3 types of skeletal muscle are:
 - _____
 - _____
 - _____
- The 2 main criteria used to determine how skeletal muscle fibres are categorized are:
 - _____
 - _____
- For the following list of characteristics, state which type of fibre is described: **Slow oxidative, fast oxidative-glycolytic (intermediate), fast glycolytic**
 - Appear red _____
 - Appear white _____
 - Contain high numbers of mitochondria _____
 - Used primarily for aerobic activities _____
 - Fatigues rapidly _____
 - Contains muscle fibres of intermediate diameter _____
 - Can use both oxidative phosphorylation and glycolytic pathway to make ATP

 - Lactic acid is produced _____
 - Has the strongest contraction force _____
 - Has the largest diameter _____
 - Has the most blood vessels _____
 - Contains myoglobin _____
- The 2 main factors that contribute to a person's overall proportion of slow and fast fibres are:
 - _____
 - _____
- For the following muscles, state if they would generally have a higher proportion of fast fibres or slow fibers.
 - Shoulders _____

- b. Abdominals _____
 - c. Erector spinae _____
 - d. Quadriceps of sprinters _____
 - e. Forearms _____
 - f. Biceps _____
 - g. Gluteus maximus _____
6. Any muscle contraction will use fast twitch muscle fibres if the action is performed at a high intensity such as lifting something heavy or moving your body very rapidly or powerfully (True or False) _____
7. In a chicken, the dark meat is the (fast twitch or slow twitch) _____ fibres.