

# GRIP STRENGTH AND MUSCLE FATIGUE

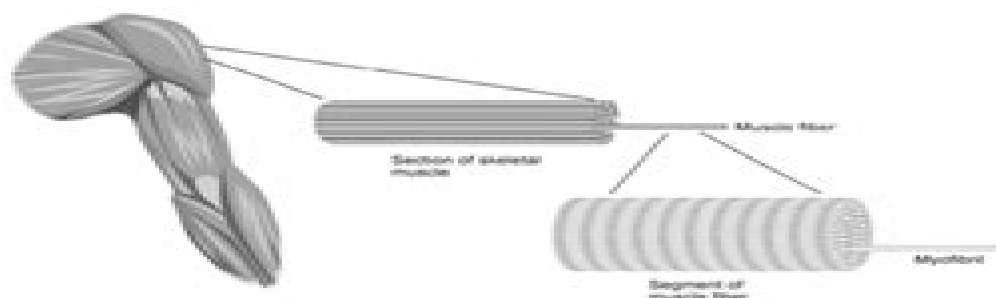
## STANDARDS

- **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

**D Kirk**



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## Embracing the Beat of Appearance: An Emotional Symphony within **Grip Strength And Muscle Fatigue Lab Answers**

In a world consumed by displays and the ceaseless chatter of quick conversation, the melodic beauty and mental symphony produced by the prepared term frequently diminish in to the back ground, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, located within the pages of **Grip Strength And Muscle Fatigue Lab Answers** a stunning literary prize overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that charming masterpiece conducts visitors on a mental journey, well unraveling the hidden tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant review, we shall discover the book is main harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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