Lesson Seven Part Two

Sports Medicine I

Unit Two – Anatomy: Skeletal Muscle

Muscle Response to Use

Response to Disuse

Contraction \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is directly related to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the muscle fiber.

The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the muscle fiber, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you have used that muscle.

The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the muscle fiber, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you have used that muscle.

**THINK-PAIR-SHARE**

Three types of muscle contractions

Isometric

Example:

Concentric

Example:

Eccentric

Example:

Muscle Response to Contraction

Threshold Response

All-or-None Principle