Lecture 16: Active Learning Questions

1. What does the A in A-band stand for/represent? What microfilaments are contained within the A-band? What does the I in I-band represent? What microfilaments are contained within the I-band?

2. Identify key variables that determine skeletal muscle adaptation to exercise. Which of these variables can we manipulate or change?

3. Compare-and-contrast the capillary density and myoglobin content of fast-glycolytic fibers vs. slow-oxidative fibers.

4. What is the pharynx?...the larynx?...the trachea? What are the common or lay terms for each of these structures? What are the 1st two branches of the trachea? What structures make up the most distal point of the respiratory system where gas exchange takes place?

5. What is the chief muscle of ventilation? What does this muscle do to initiate inhalation?...exhalation? Where specifically (anatomical site) is automatic breathing controlled?