

Muscle cells provide a good example of how cells in the human body perform the process of cell respiration, under both aerobic and anaerobic conditions. All cells, including muscle cells, need glucose and oxygen in order for their mitochondria to perform aerobic cell respiration. When the oxygen supply to cells is reduced, anaerobic respiration takes over. Ultimately, both processes provide cells with their needed ATP, which in turn supplies the cell with energy to function properly.



When muscle activity is continuous and excessive, muscle cells will switch from aerobic respiration to anaerobic respiration as the availability of oxygen decreases. Overworked muscle cells in a state of anaerobic respiration can become tired or fatigued. A fatigued muscle cannot function efficiently. The symptoms of excessive anaerobic respiration are sore muscles and muscle "cramps". These cramps are largely due to a buildup of lactic acid among the muscle tissue. Fortunately, this condition is not permanent. When the overworked muscle cells are given a rest to allow the body to "catch up" its oxygen supply, the lactic acid will recycle back through the system and the cells will revert once again to aerobic respiration.

PURPOSE OF INVESTIGATION:

1. To experience the reduction in muscle efficiency from continuous muscle contractions due to muscle fatigue.
2. To explain the observed pattern of muscle fatigue in terms of aerobic and anaerobic respiration pathways, oxygen availability, and waste buildup.

MATERIALS: Clothespin*, timer (*you can also use a kitchen clip or hair clip to do this activity)

PROCEDURE: Choose **one** of the following options for this assignment

Option A: If you have a clothespin or similar object at home

1. Hold the clothespin between the thumb and pointer finger of your non-writing hand. The rest of your fingers should be closed like a fist.
2. Open and close the pin AS FAST AS YOU CAN for **20** seconds, and count the number of closures you can do in 20 seconds. You get a **5** second break in-between trials.
3. Count the number of times you closed the clothespin for every trial and record the number in the following data table. Repeat this procedure for 5 trials.

DATA TABLE	
Trial	# of Squeezes
1	
2	
3	
4	
5	

/1

4. Graph your data. Then answer analysis questions 1-7, and discussion questions 1-5.

Clothespin Muscle Fatigue Lab Answers

James Ryan Rissi



Clothespin Muscle Fatigue Lab Answers:

Let's Review Regents: Living Environment Revised Edition Barron's Educational Series, Gregory Scott Hunter, 2021-01-05 Barron's Let's Review Regents Living Environment gives students the step by step review and practice they need to prepare for the Regents exam This updated edition is an ideal companion to high school textbooks and covers all Biology topics prescribed by the New York State Board of Regents This edition includes One recent Regents exam and question set with explanations of answers and wrong choices Teachers guidelines for developing New York State standards based learning units Two comprehensive study units that cover the following material Unit One explains the process of scientific inquiry including the understanding of natural phenomena and laboratory testing in biology Unit Two focuses on specific biological concepts including cell function and structure the chemistry of living organisms genetic continuity the interdependence of living things the human impact on ecosystems and several other pertinent topics **Let's Review Regents: Living Environment 2020** Gregory Scott Hunter, 2020-06-19 Always study with the most up to date prep Look for Let's Review Regents Living Environment ISBN 9781506264783 on sale January 05 2021 Publisher's Note Products purchased from third party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitles included with the product [Reviewing the Living Environment Biology](#) Rick Hallman, Woody, 2004-04-19 This review book provides a complete review of a one year biology course that meets the NYS Living Environment Core Curriculum Includes four recent Regents exams **Let's Review Biology-The Living Environment** G. Scott Hunter, 2004-01-01 This high school classroom supplement to the main biology text prepares students in New York State to succeed on the Regents Exam It presents a subject review practice questions with answers and two complete Regents Biology Exam with answer keys When combined with Barron's Regents Exams and Answers Biology it provides students with the most comprehensive test preparation available anywhere Topics reviewed include ecology biological organization formation and structure of the ecosystem and the interaction between human beings and the biosphere **Efficacy of Problem Based Learning in a High School Science Classroom** James Ryan Rissi, 2010 *Human Muscle Fatigue* Ruth Porter, Julie Whelan, 1981-01-01

Reviewing **Clothespin Muscle Fatigue Lab Answers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Clothespin Muscle Fatigue Lab Answers**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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