Test 2 Practice Questions

Short Answer

Answers

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1. The 'muscle pump' is a mechanism that drives blood back to the heart from the legs. As the leg muscles contract, they squeeze the veins which pushes the blood back to the heart. What effect would the muscle pump have on stroke volume in the heart?

2. An endurance athlete trains 7 days a week and focuses on long low intensity sessions. They are disappointed in their race results as they seem to be getting slower. What are some of the physiological reasons for the poor results?

3. A fast twitch fibre has limited ability to utilize fat as a fuel source. Why?