# **Lab 6: Muscle Physiology**

## **PRE-LAb Report (5 pts)**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer these questions BEFORE you come to your laboratory session. All answers can be found in this manual. By doing this pre lab, you will have a better understanding of the physiological concepts of this exercise.

1. What is a sarcomere? What is it made up of?
2. List the four factors that contribute to the latent period of a muscle twitch.
3. What is recruitment? How does recruitment occur?
4. What is summation? Explain what is happening inside the muscle fiber to cause increased forced to develop.
5. What two factors determine the amount of force generated by a whole muscle?