

1. Which of the following are true for small muscle fibers that play a large role in endurance exercise and the control of posture. Select all that apply
 - a. Primarily use the aerobic pathway to synthesize ATP
 - b. Have high levels of myoglobin
2. Match the activity to the most likely type of biceps muscle tension/contraction production involved
 - a. lowering a weight- eccentric isotonic contraction
 - b. maintaining a posture when load is added- isometric contraction
 - c. lifting a weight- concentric isotonic contraction
3. Match to complete the statements about skeletal muscle
 - a. A myofibril is a complex organelle composed of bundles of- myofilaments
 - b. A bundle of muscle fibers ensheathed by the perimysium is a- fascicle
 - c. The structure separating two neighboring sarcomeres is the- Z disc
 - d. The thick filament consists of- myelin
 - e. A sarcomere, the contractile unit, is a segment of a- myofibril
4. In skeletal muscle, which of the following is required for cross bridge formation between myosin and actin to occur? Select all that apply
 - a. Ca^{2+} binding to troponin
 - b. Ca^{2+} release from the sarcoplasmic reticulum
 - c. ATP hydrolysis at the myosin head (into ADP and P_i)