Unit 1 KA8: Energy systems in muscle cells

Conditions present for oxygen deficiency in muscle cells

What pyruvate is converted into

Two different types of muscle cell fibres

Difference between type slow and fast twitch muscle cell fibres in terms of:

1. speed of contraction
2. role in exercise
3. ATP production
4. blood supply and myoglobin levels
5. major storage fuels

Explanation of muscle fatigue

Explanation of an oxygen debt

Description of how oxygen debt repaid

Balance of muscle fibres in marathon runners

Balance of muscle fibres in weightlifters