

What are the three main types of muscle fibers

- A. Slow twitch, fast twitch type IIA, fast twitch type IIB
- B. Cardiac, smooth, skeletal
- C. Red, white, yellow
- D. Long, short, medium

Which type of muscle fibers are primarily responsible for endurance activities

- A. Slow-twitch
- B. Intermediate
- C. Fast-twitch
- D. Cardiac

Which type of muscle fibers are primarily responsible for explosive, powerful movements

- A. Smooth
- B. Intermediate-twitch
- C. Fast-twitch
- D. Slow-twitch

True or False: Muscle fibers can change type based on training and activity.

- A. True
- B. False
- C. Maybe
- D. Not sure

What is the scientific term for slow-twitch muscle fibers

- A. Muscle bundles

- B. Type I fibers
- C. Type II fibers
- D. Fast-twitch fibers

What is the scientific term for fast-twitch muscle fibers

- A. Speedy muscle fibers
- B. Type II muscle fibers
- C. Rapid muscle fibers
- D. Quick-twitch muscle fibers

Which type of muscle fibers have a higher resistance to fatigue

- A. Smooth muscle fibers
- B. Intermediate-twitch
- C. Fast-twitch
- D. Slow-twitch

True or False: All muscle fibers within a muscle group are the same type.

- A. Yes
- B. No
- C. False
- D. True

Which type of muscle fibers have a higher capacity for aerobic metabolism

- A. Fast-twitch fibers
- B. Smooth muscle fibers
- C. Slow-twitch fibers
- D. Cardiac muscle fibers

Which type of muscle fibers have a higher capacity for anaerobic metabolism

- A. Cardiac muscle fibers
- B. Intermediate fibers
- C. Slow-twitch fibers
- D. Fast-twitch fibers

What is the ratio of slow-twitch to fast-twitch muscle fibers in the average person

- A. 60:40
- B. 40:60
- C. 50:50
- D. 70:30

True or False: Genetics play a significant role in determining muscle fiber type.

- A. False
- B. True
- C. Maybe
- D. Partially

Which type of muscle fibers have a greater number of mitochondria

- A. Slow-twitch muscle fibers
- B. Smooth muscle fibers
- C. Cardiac muscle fibers
- D. Fast-twitch muscle fibers

Which type of muscle fibers have a higher concentration of myoglobin

- A. Intermediate fibers

- B. Fast-twitch fibers
- C. Slow-twitch fibers
- D. Cardiac muscle fibers

What is the primary energy source for slow-twitch muscle fibers

- A. Fatigue
- B. Aerobic metabolism
- C. Carbohydrates
- D. Anaerobic metabolism

What is the primary energy source for fast-twitch muscle fibers

- A. ATP
- B. Lactic acid
- C. Glucose
- D. Protein

True or False: Muscle fibers can convert from fast-twitch to slow-twitch with training

- A. True
- B. Not sure
- C. Maybe
- D. False

What is the function of satellite cells in muscle fiber regeneration

- A. To produce hormones
- B. To help with muscle contraction
- C. To help repair and regenerate damaged muscle fibers
- D. To store energy in muscles

Which type of muscle fibers have a larger diameter

- A. Cardiac muscle fibers
- B. Type I muscle fibers
- C. Type II muscle fibers
- D. Smooth muscle fibers

How do muscle fiber types impact an individual's athletic performance

- A. Muscle fiber types impact an individual's athletic performance by determining their strength, endurance, and speed.
- B. Muscle fiber types only affect flexibility in athletes.
- C. Muscle fiber types are only important for bodybuilders.
- D. Muscle fiber types have no impact on athletic performance.

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