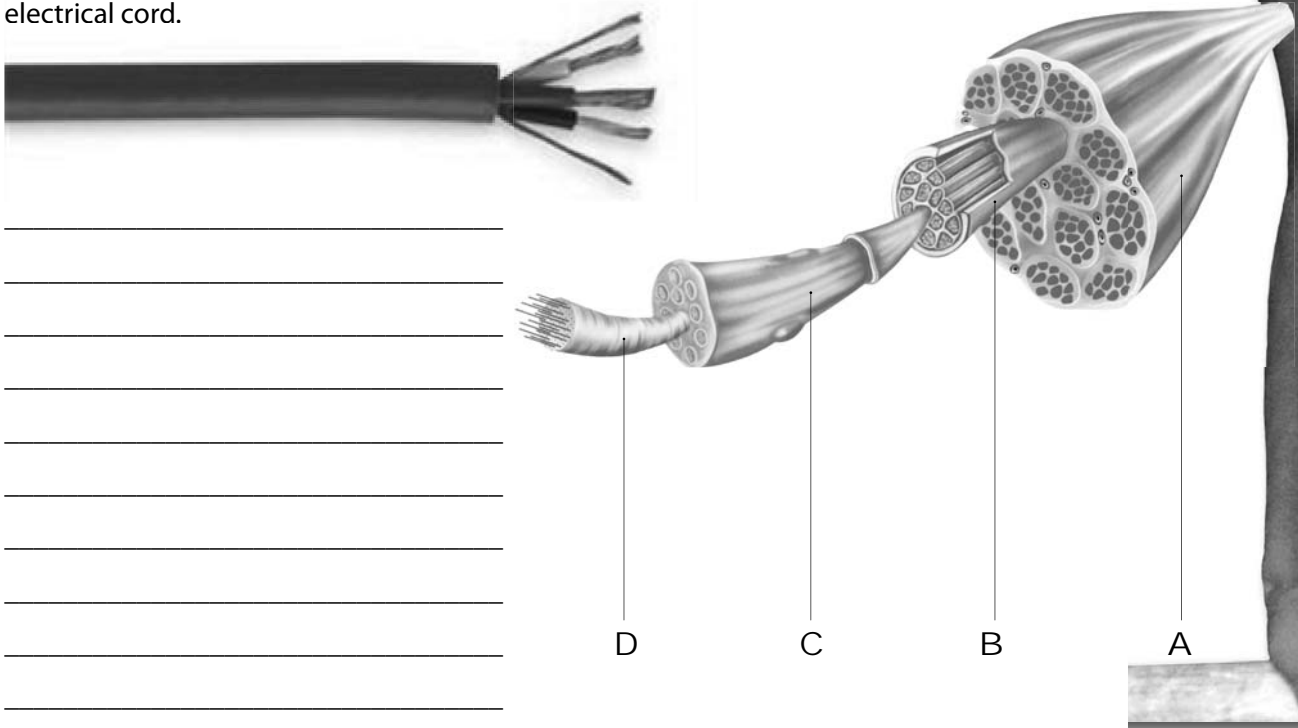


3 Bundle of Muscle

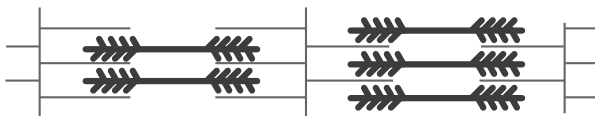
Label the components of skeletal muscle below, and explain how its structure is similar to an electrical cord.



4 Flex It and Sketch It

Use the diagram below of a myofibril at rest to **sketch and explain** how a myofibril would differ in a contracted (flexed) state. Be sure to use the terms *actin*, *myosin*, *sarcomere*, and *cross bridge*.

Simplification of a Myofibril at Rest



Simplification of a Myofibril Flexed



7 Fast or Slow?

For the list of sporting events/activities listed below, indicate the relative involvement of slow twitch and fast twitch muscle fibres (high or low).

Sport/Activity	Type I	Type II
1,500-metre run		
Marathon		
Olympic wrestling		
Basketball		
Distance swimming		
Hip-hop dancing at a club		
Volleyball		
High jumping		
100-metre sprint		
Springboard diving		

