

Exercise Physiology

Section 3: Substrate Delivery and Waste Removal

Section 3 will cover Chapters 9, 10, 11 & 12. Exam questions will all come directly from the lecture notes, / Powerpoint slides.

Topic Outline

Myocardial Excitation and Contraction

1. Heart muscle structure
2. Electrical coupling
 - Action potential
 - Conduction
 - Calcium
3. Activation spread
 - SA and AV nodes
 - Atrial / ventricular contraction "wave"
 - ECG
4. Cardiac cycle
 - Atrial and ventricular contraction
 - Pressure changes / values
 - Flow

Flow and Pressure

1. Structure
 - Arteries
 - Capillaries, venules
 - Veins
2. Arteries
 - Smooth muscle
 - Arterioles
 - Pre-capillary sphincters
3. Capillaries
 - Continuous
 - Fenestrated
4. Veins
 - Valves
 - Muscular walls
5. Pressure changes - Cardiac cycle
 - Atrial / ventricle
 - Aorta / venae
6. $a-v O_2$ difference
 - Blood flow
 - Muscle metabolism
7. Blood Flow Regulation
 - Distribution
 - Regulation
 - I. Auto-regulation
 - II. Parasympathetic and Sympathetic NS
8. Sickle Cell Trait Supplementation

Relationships and Equations

1. Cardiac Output
 - $Q = SV \times HR$
2. Stroke Volume
 - $SV = EDV - ESV$
3. Ejection Fraction
 - $EF = SV / EDV$
4. Flow
 - Flow $\propto$ Pressure / Resistance
5. Resistance
 - $R = (Length \times Viscosity) / Radius^4$
6. Flow Pressure Product
 - $QPP = Q \times P = HR$
7. Guyton's Circulation
 - $VO_2 = Q \times a-vO_2 \text{ diff}$
 - $VO_2 = HR \times SV \times a-vO_2 \text{ diff}$

Control of Cardiac and Flow

1. Heart Rate Regulation
 - Sympathetic NS
 - Parasympathetic NS
 - Pressure, baroreceptors and chemoreceptors
 - Barore
2. Stroke Volume
 - Pressure - volume relationships
 - End diastolic volume (pre-load)
 - o Frank-Starling mechanism
 - Aortic pressure / peripheral resistance (after-load)
 - Ventricular contraction force
3. Autoregulation (after-load)

Respiration

1. Mechanics of Breathing
 - Lung volume
 - Pressure changes
2. Relationships
 - Ventilation
 - a. $V_E = I \times V_T$
 - b. $V_T = V_R + V_D$
 - Partial Pressure
 - a. $PO_2 = Atmospheric Pressure - Q, H_2O$

Answer Guide For Exercise Physiology

G Orfield



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