

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 / pressure
 - Atrial / volume
6. a-v O₂ difference
 - Blood flow
 - Muscle metabolism
7. Blood Flow Regulation
 - Distribution
 - Regulation
 1. Auto-regulation
 2. 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 ∝ Pressure / Resistance
5. Resistance
 - $R = (Length \times Viscosity) / Radius^4$
6. Flow Pressure Product
 - $QPR = QPR \times PR$
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 Blood Flow

1. Heart Rate Regulation
 - Sympathetic NS
 - Parasympathetic NS
 - Pressure, stretch and chemical receptors
 - 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. $V_E = I \times V_I$
 - b. $V_E = V_I + V_D$
 - Partial Pressure
 - a. $PO_2 = Atmospheric Pressure - Q, H$

Answer Guide For Exercise Physiology

G. Gregory Haff, Charles Dumke



Answer Guide For Exercise Physiology:

Practical Guide to Exercise Physiology Robert Murray, W. Larry Kenney, 2021 *Practical Guide to Exercise Physiology* Second Edition describes the physiological processes responsible for how the body responds and adapts to physical activity enabling fitness professionals to design effective exercise programs and explain to clients how these will help them achieve their goals

Laboratory Manual for Exercise Physiology G. Gregory Haff, Charles Dumke, 2018-03-13 *Laboratory Manual for Exercise Physiology* Second Edition With Web Study Guide provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings Written by experts G Gregory Haff and Charles Dumke the text builds upon the success of the first edition with full color images and the addition of several new interactive lab activities in the web study guide The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities Each laboratory chapter provides a complete lesson including objectives definitions of key terms and background information that sets the stage for learning Each lab activity supplies step by step procedures providing guidance for those new to lab settings so that they may complete the procedures New features in this edition include the following An updated web study guide that contains 10 interactive lab activities to enhance student learning including video that helps simulate the experience of performing the labs in the real world A completely new laboratory chapter on high intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking running and cycling Full color printing throughout In addition *Laboratory Manual for Exercise Physiology* Second Edition is thoroughly updated offering the following New research and information pertaining to each laboratory topic Current standards and norms Case studies to illuminate laboratory concepts Answers to the case studies to facilitate student learning Question sets to help students better understand laboratory concepts A lab activity finder that makes it easy to locate specific tests The web study guide for students provides lab activities with an enhanced learning experience Through this portal students and instructors can access electronic versions of individual data sheets group data sheets question sets case studies and their answers and 10 interactive lab activities Instructors also receive access to an image bank which includes most of the figures tables and photos from the book Organized in a logical progression the text builds upon the knowledge students acquire as they advance Furthermore the text provides multiple lab activities and includes an equipment list at the beginning of each activity allowing instructors flexibility in choosing the lab activities that will best work in their facility *Laboratory Manual for Exercise Physiology* Second Edition With Web Study Guide exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings As such the text serves as a high quality resource for basic laboratory testing procedures used in assessing human performance health and wellness

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the reader through abstracts literature reviews methodology reporting discussions and referencing and contains a wealth of examples and practical advice on how to improve and refine your own writing From writing a first lab report to preparing a final year dissertation or postgraduate thesis sports and exercise science students at all levels will find this book a valuable resource in developing both skill and confidence in scientific communication Key features The layout of the book is designed to reflect that of a typical scientific report to help students plan their own projects Each chapter includes numerous examples exercises and activities to engage students and develop skills in each aspect of report writing Includes discussion of critical appraisal techniques to help students refine their research questions All data sets and illustrations used are drawn from the key disciplines in sport and exercise science including physiology psychology and biomechanics Exercise Physiology Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text Student Study Guide to Accompany Fox's Physiological Basis for Exercise and Sport Susan Muller, Steven J. Keteyian, Merle L. Foss, 1998 Written with the physical educator exercise specialist physical therapist and coach in mind this new edition continues to offer the clear presentation insightful explanations depth of coverage and straightforward writing style that students and instructors have come to expect from this leading text originally authored by Edward Fox Inside you ll find the strongest presentation of aerobic and anaerobic training programs and responses available The Practical Guide to Athletic Training Ted Eaves, 2011-01-28 This text is a practical introduction to athletic training grounded in real world everyday sports settings and an ideal guide for giving trainers the knowledge they need to be successful in an athletic setting Instead of overwhelming the reader with details on all injuries and illnesses this guide details common injuries and outlines special tests and rehab protocols that should be utilized to address those injuries Readers will learn the various injuries an athlete may incur the appropriate treatment and protocols to improve the athlete s ability to return to play safely and the healing process associated with the specific injury The text has an easy to follow format concentrating on injuries for each major region of the lower body and then focusing on the upper body and its common injuries Important Notice The digital edition of this book is missing some of the images or content found in the physical edition Introduction to Exercise Science Duane V. Knudson, 2024 This book provides readers with an overview of the major subdisciplines of exercise science introduces readers to the basics of quantitative research in these subdisciplines and illustrates how interdisciplinary collaboration and

applied research in exercise science related professions contributes to the performance and health of all people **Exercise Physiology for Health, Fitness, and Performance** Sharon Plowman, Denise Smith, 2007-06-01 This textbook integrates basic exercise physiology with research studies to stimulate learning allowing readers to apply principles in the widest variety of exercise and sport science careers It combines basic exercise physiology with special applications and contains flexible organisation of independent units **Action Plan for Osteoporosis** Kerri Winters-Stone, American College of Sports Medicine, 2005 This exercise based plan allows you to take an active role in improving the health of your musculoskeletal system and is a more effective way to manage the condition than dietary changes or medications alone Learn how to assess your risk level and then choose the best exercises to boost bone health muscle strength mobility and balance book cover **Action Plan for High Blood Pressure** Jon G. Divine, American College of Sports Medicine, 2005-10-12 Lower blood pressure boost energy and reduce or eliminate the need for medication with Action Plan for High Blood Pressure Based on proven research this exercise based plan will help you take control of your diet and your health Learn the best exercises for controlling blood pressure correct exercise technique and how diet medication and exercise interact to affect blood pressure Use one of the sample programs provided or tailor a program to your own needs with workouts to gain strength flexibility and stamina Developed in conjunction with the American College of Sports Medicine Action Plan for High Blood Pressure is the healthy way to manage hypertension Take action now to feel and function better and add quality years to your life **Physiology of Sport and Exercise 6th Edition** Kenney, W. Larry, Wilmore, Jack, Costill, David, 2015-03-30 Physiology of Sport and Exercise Sixth Edition frames research findings in physiology in a reader friendly format making this textbook a favorite of instructors and students alike This resource offers a simple way for students to develop an understanding of the body's abilities to perform various types and intensities of exercise and sport to adapt to stressful situations and to improve its physiological capacities **Fitness After 50** Walter H. Ettinger, Walter Ettinger, Brenda S. Wright, Steven N. Blair, 2006 It's never too late to get fit Fitness After 50 shows you exactly how to get there addressing all of your questions about exercise and more Whether you are completely new to exercise or are looking to fine tune your existing program this information rich book will show you how to get started stay on track and have fun as you meet your fitness goals This easy to understand manual also serves as a self paced workbook which teaches you what to ask your doctor about physical activity how to exercise safely and how to fit activity into your busy schedule If you have an existing medical condition such as heart disease osteoporosis or diabetes you will also find ways to adapt your activity level to your condition Sample aerobic muscular fitness and combination programs are provided along with lifestyle strategies for fitting activity into your daily routine Fitness After 50 offers reliable advice you can trust Authors Walter Ettinger Brenda Wright and Steven Blair are among the most highly regarded experts in the field of physical activity and health And since all of them are over 50 they understand your needs and concerns firsthand Easy to use and full of more than 50 forms lists and other

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