

Muscle Fatigue Lab

Background Info:

Muscle fatigue is the decline in muscle tension as a result of previous contractile activity. Athletic training is designed to delay the onset of muscle fatigue and increase the speed with which muscles recover. Muscle contraction requires energy in the form of ATP. ATP is produced **aerobically** when oxygen levels are high and **anaerobically** when oxygen levels are low. Muscle fatigue can occur when a buildup of lactic acid disables muscle function. In this lab you will observe the effects of fatigue in skeletal muscle contractions.

Purpose: To determine how the ability of a muscle to contract is affected by muscle fatigue/lactic acid build up.

Hypothesis:

Squats/Calf Raise Procedure

1. Squat down as far as you can (Break 90 degrees at the Knee angle) and stand back up.
2. Record your total number of squats; total repetition = fully down and fully back up to standing.
3. After the completion of one 15 second trial, repeat for a total of 10 cycles.
4. First Squatter is "A" and the second is "B" in the data table.

**For the calf raises, have partner standing straight up and flat footed. 1 rep -standing all the way up to tiptoes and coming back down to flat footed (heels on ground).

Materials: A partner, a clock or watch

Procedure: You will work with 1 partner. Each person will have one job (see below). After you and your partner have finished, switch jobs with each other. **Each person should record their own data in a data table.** At the conclusion, you will average your group's data and record this average in the class data.

Timer

1. As the person working is doing the movement, time them for **15 seconds**.
2. At the end of the first 15 second trial, have them record the number of squats for that trial in the table beside trial 1.
3. **Immediately** after recording, time them for the next 15 seconds.
4. Have them write the number of squats for that 15 seconds in the table beside trial 2.
5. Repeat steps 1-3 until all 10 trials are completed and the table is complete.
6. **Do not allow resting between each trial.** Try to begin the next 15 seconds as soon as possible

Data:

Table 1. The number of muscle contractions over time.

Squat Trial #	Number of Contractions			Calf Raise #	Number of Contractions		
	A	B	Avg		A	B	Avg
1				1			
2				2			
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			
9				9			
10				10			
Total:				Total:			

Clothespin Muscle Fatigue Lab Answers

G. Scott Hunter



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