BI 121 Lecture 12

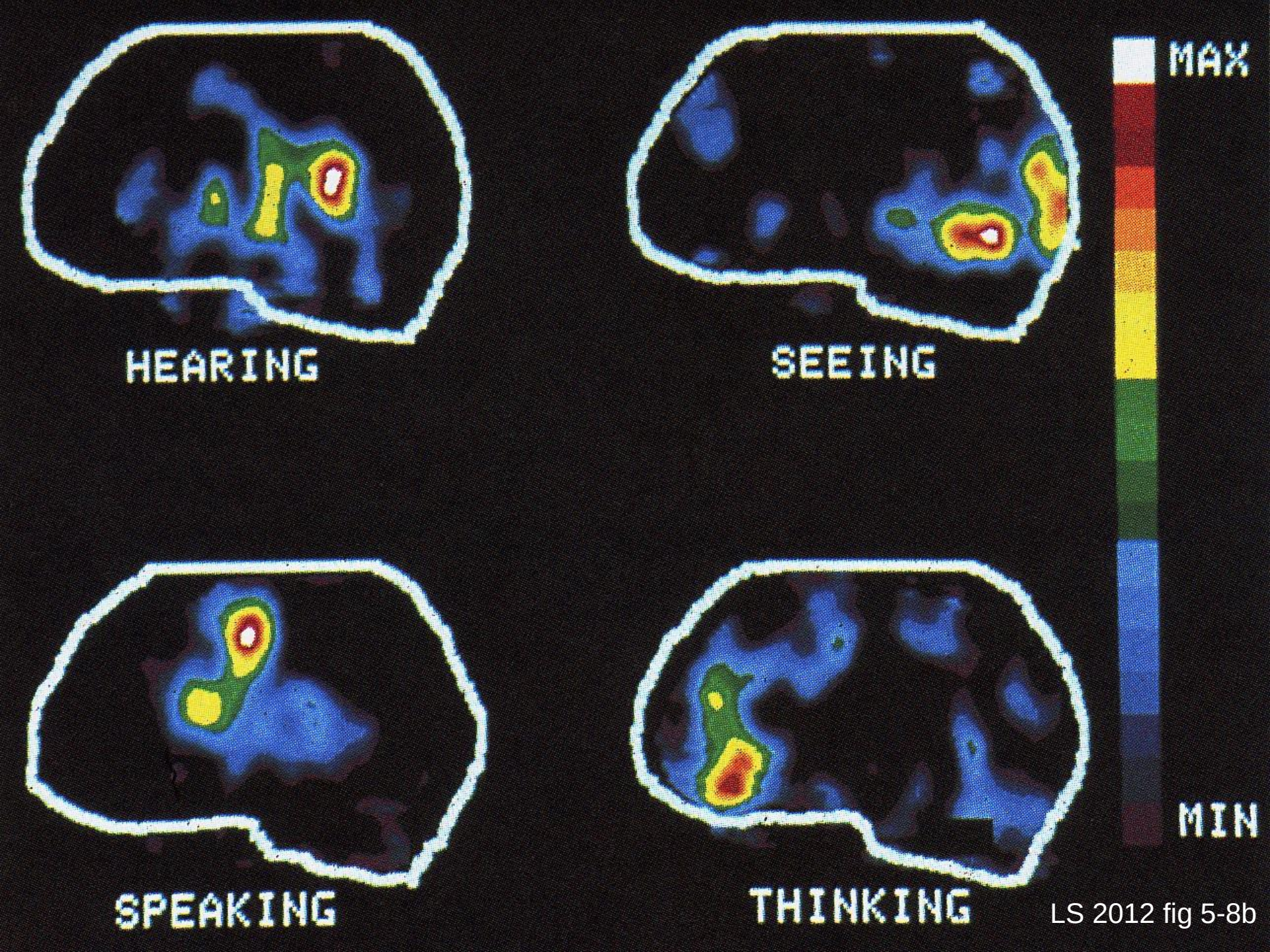
Thanks for your help with the blood chemistry lab!...

I. ***Announcements*** Optional notebook check + Lab 6 tomorrow. Pulmonary Function Testing. Final exam > your Q on Wed. Q?

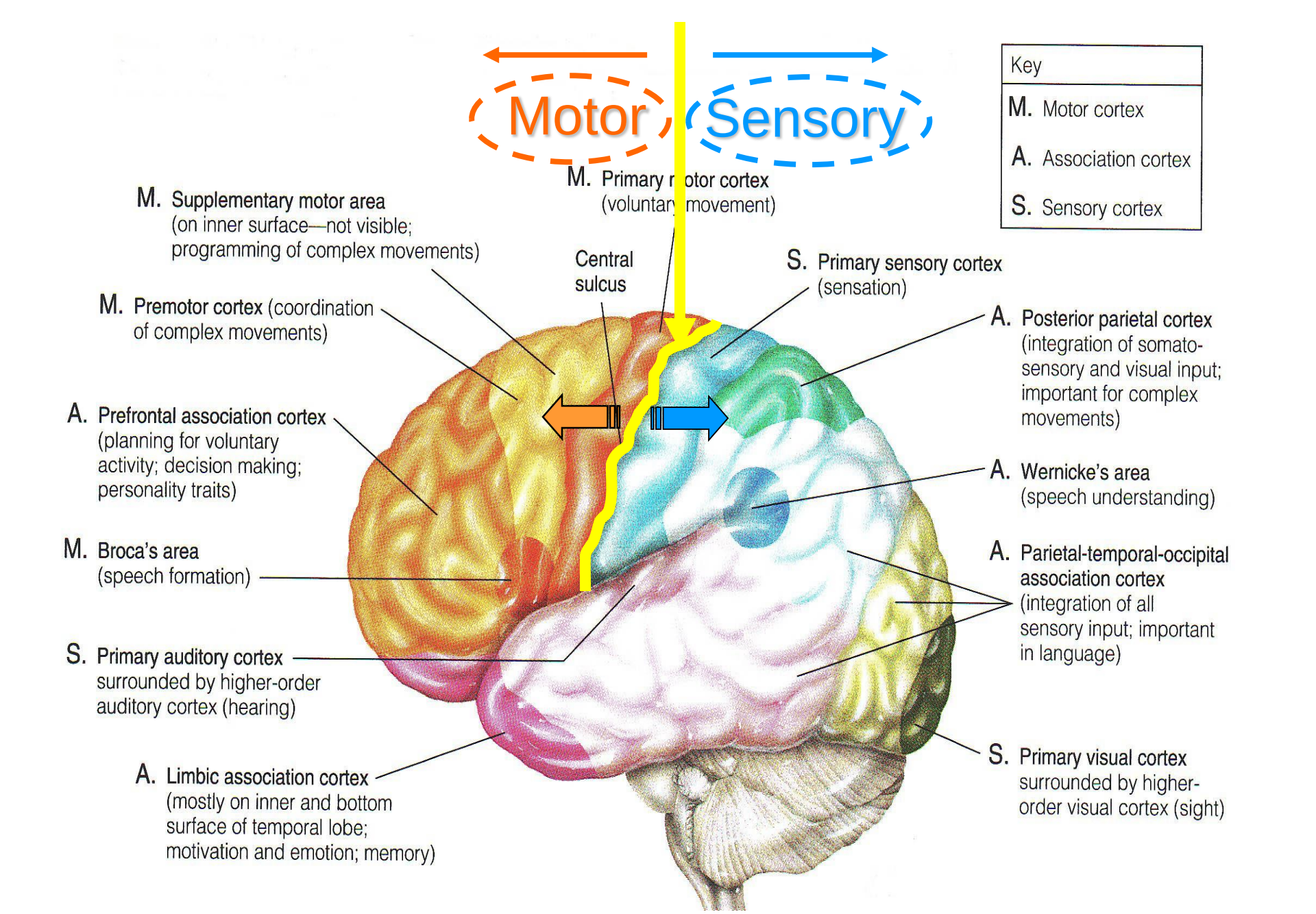
II. ***Brain + Autonomic Nervous System Overview*** DC pp 71-77, LS pp 178 – 85, tab 7-1 p 183 + stories to remember *fight-or-flight!*

III. ***Neuromuscular Connections*** LS ch 7 pp 186-92, DC pp 69-71
How does the signal cross the nerve-muscle gap? LS fig 7-5
- A. Normal function? Ca2+ for bones!…but what else? LS p 190
- B. What do black widow spider venom, botulism, curare & nerve gas have in common? Botox? LS p 189-91

IV. ***Muscle Structure, Function & Adaptation*** LS ch 8, DC Module 12
- A. Muscle types: cardiac, smooth, skeletal LS fig 8-1 p 194-6
- B. How is skeletal muscle organized? LS fig 8-2, DC fig 12-2
- C. What do thick filaments look like? LS fig 8-4, DC fig 12-4
- D. How about thin filaments? LS fig 8-5
- E. Banding pattern? LS fig 8-3, fig 8-7
- F. How do muscles contract? LS fig 8-6, 8-10
- G. What's a cross-bridge cycle? LS fig 8-11 +…
- H. Summary of skeletal muscle contraction
- I. Exercise adaptation variables: ***mode***, ***intensity***, ***duration***, ***frequency***, ***distribution***, ***individual*** & environmental char...?
- J. Endurance *vs.* strength training continuum? fiber types...



LS 2012 fig 5-8b



LS 2006, cf: LS 2012 fig 5-8a

Helmets Cheap, Brains Expensive!!
Use Your Head, Get a Helmet!!

http://www-nrd.nhtsa.dot.gov/Pubs/812018.pdf
http://www.bhsi.org/stats.htm

~ 500,000 bicyclists/yr visit emergency rooms

As of 2014, the population estimate of

State of Wyoming 584,153

Albany OR 51,980

Corvallis OR 54,953

Springfield OR 60,263

~ 26,000 traumatic brain injuries

743 of ~900 cyclist deaths, 2013 ≡ ~ 2% of all traffic fatalities

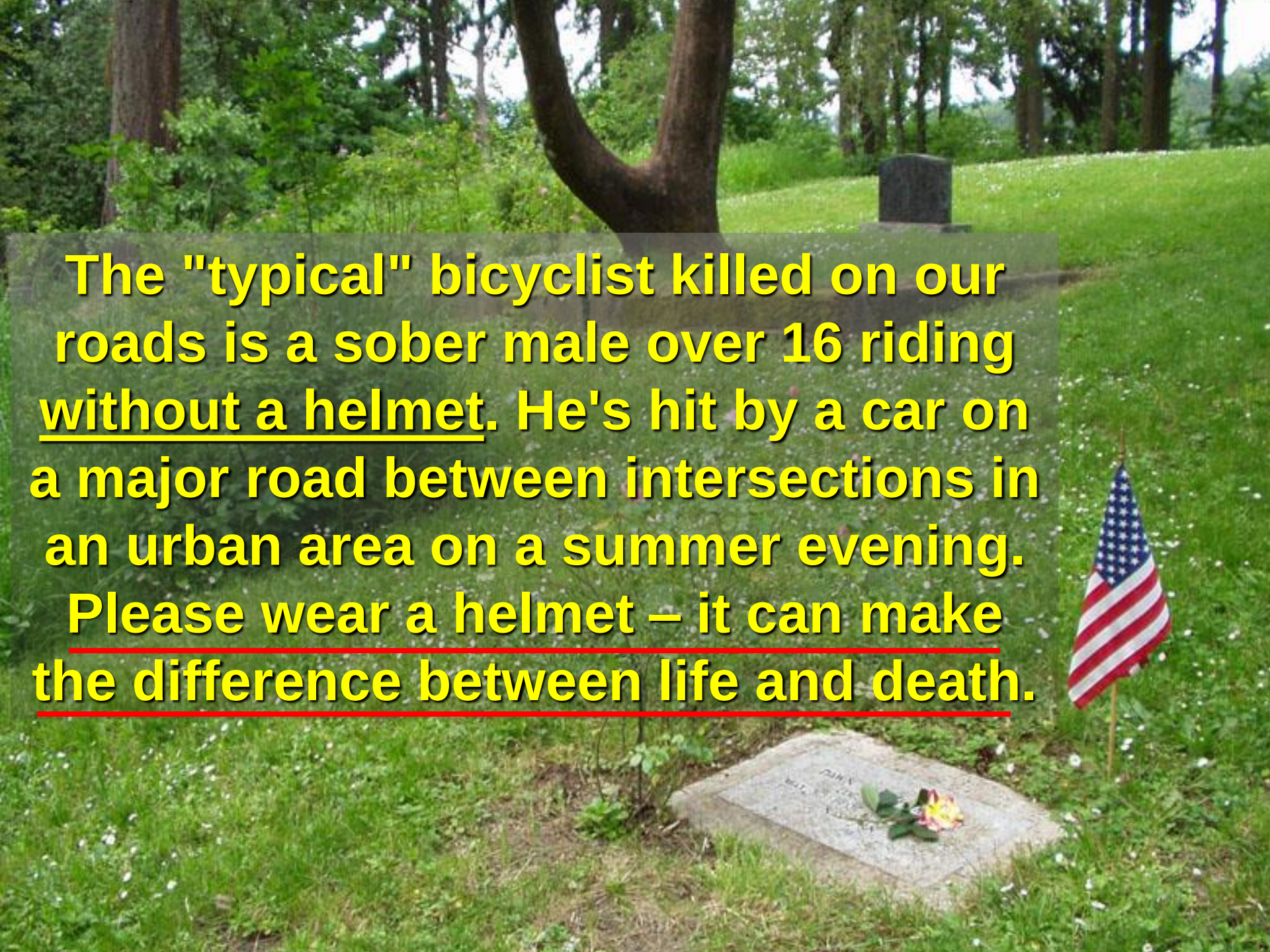
13% of deaths children ≤ 14 yr, 87% ♂

11% involved wrong-way riding!

Bicycle crashes & injuries are under reported,
since majority not serious enough for ER visits.

Helmets may reduce head & brain injury risk by 85%!

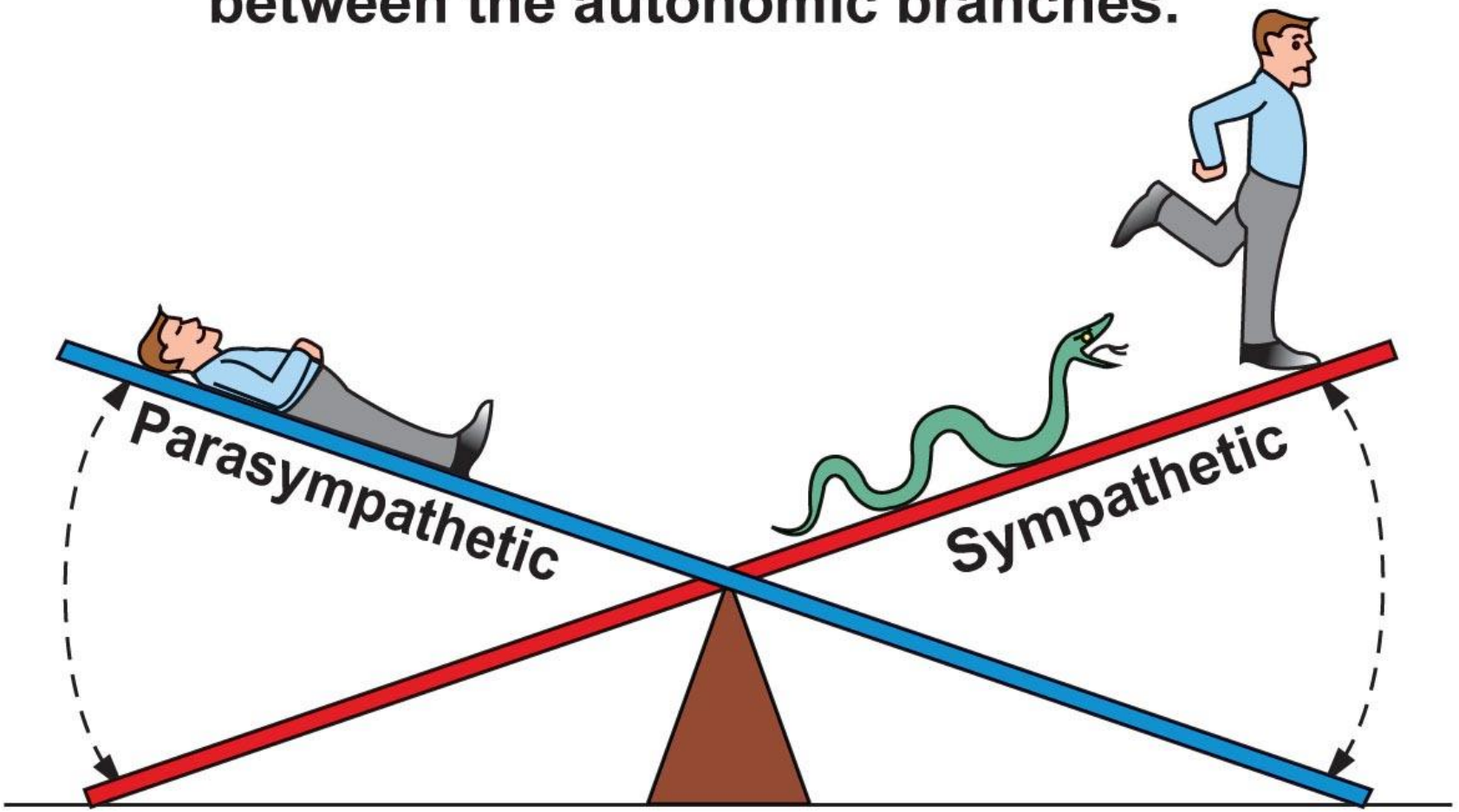
~$2.3 billion/yr = indirect injury costs from not using helmets!


The "typical" bicyclist killed on our roads is a sober male over 16 riding without a helmet. He's hit by a car on a major road between intersections in an urban area on a summer evening. Please wear a helmet – it can make the difference between life and death.

Hey, I'm alive because I wore a helmet!!

Stories, Discussion, Questions or Comments!

Homeostasis is a dynamic balance between the autonomic branches.



Rest-and-digest: Parasympathetic activity dominates.

Fight-or-flight: Sympathetic activity dominates.

D Silverthorn 2010

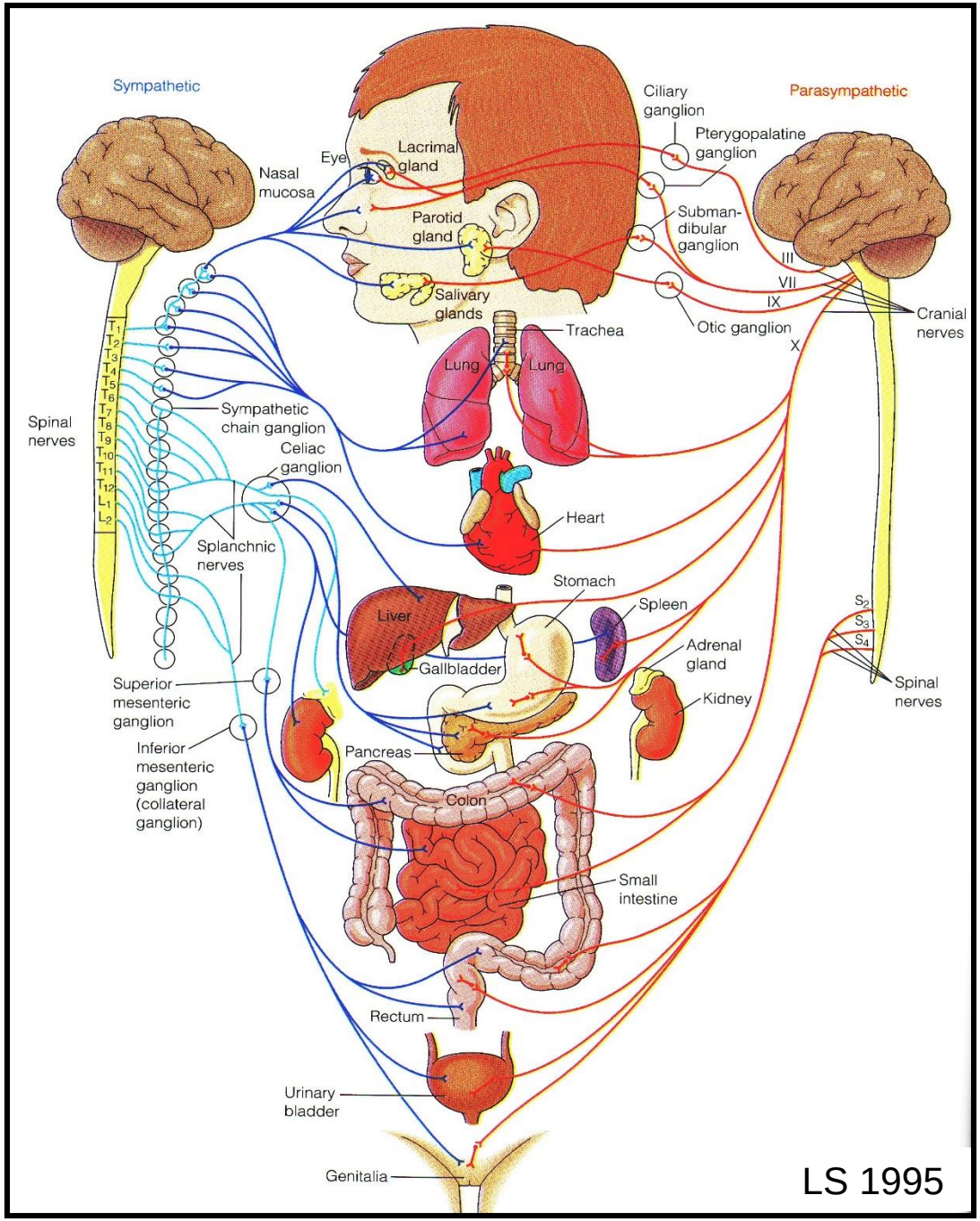

PARASYMPATHETIC = RESTING, DIGESTIVE, HOUSEKEEPING FUNCTIONS

FIGHT/FLIGHT/ALARM REACTION!!

Autonomic Nervous System

Why overlap or dual innervation?

Fine-tune control & safety!



cf: LS 2012 fig 7-3

Why adrenal activation & response important?

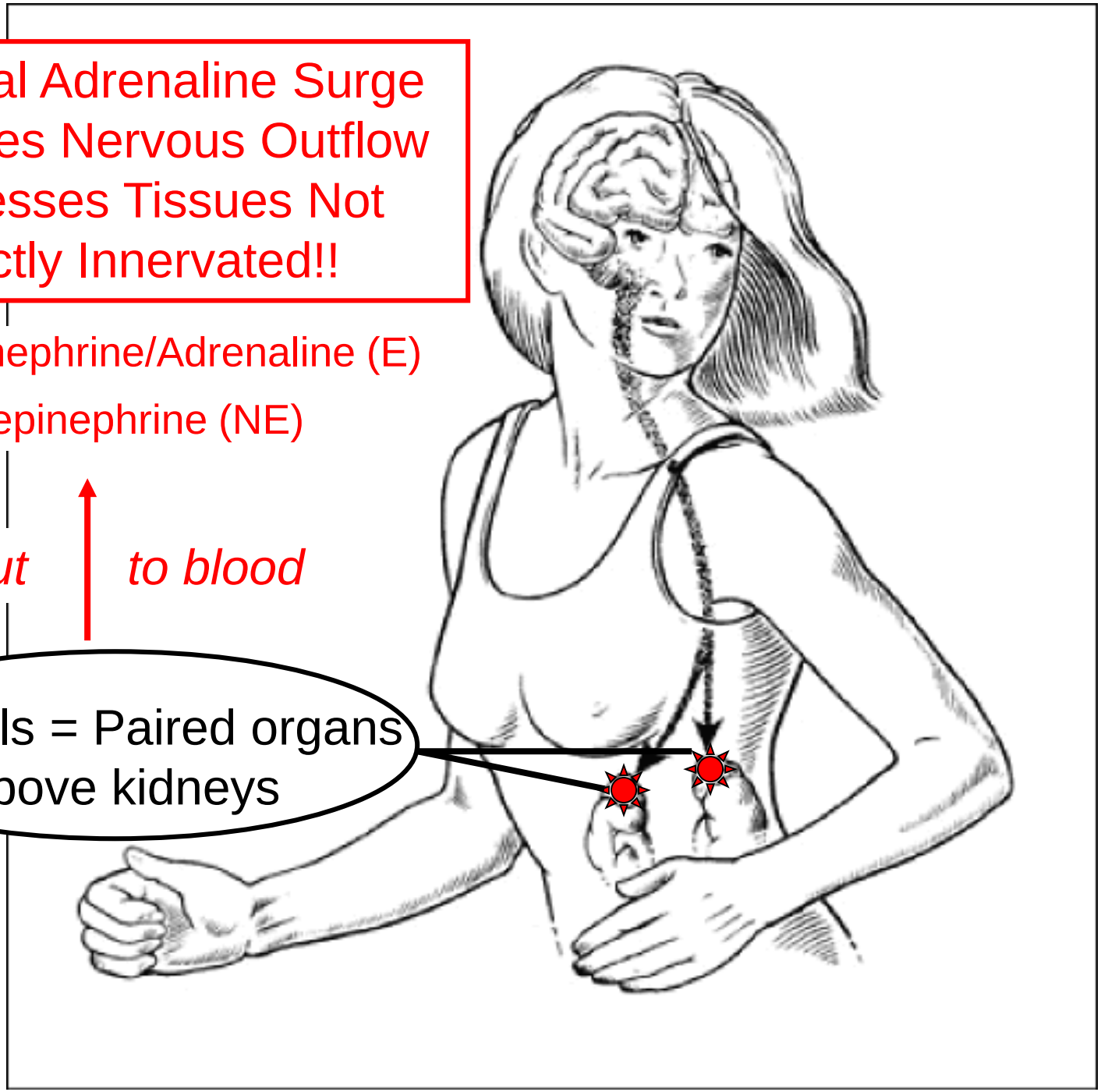
Hormonal Adrenaline Surge Reinforces Nervous Outflow & Accesses Tissues Not Directly Innervated!!

80% Epinephrine/Adrenaline (E)

20% Norepinephrine (NE)

Output *to blood*

Adrenals = Paired organs above kidneys



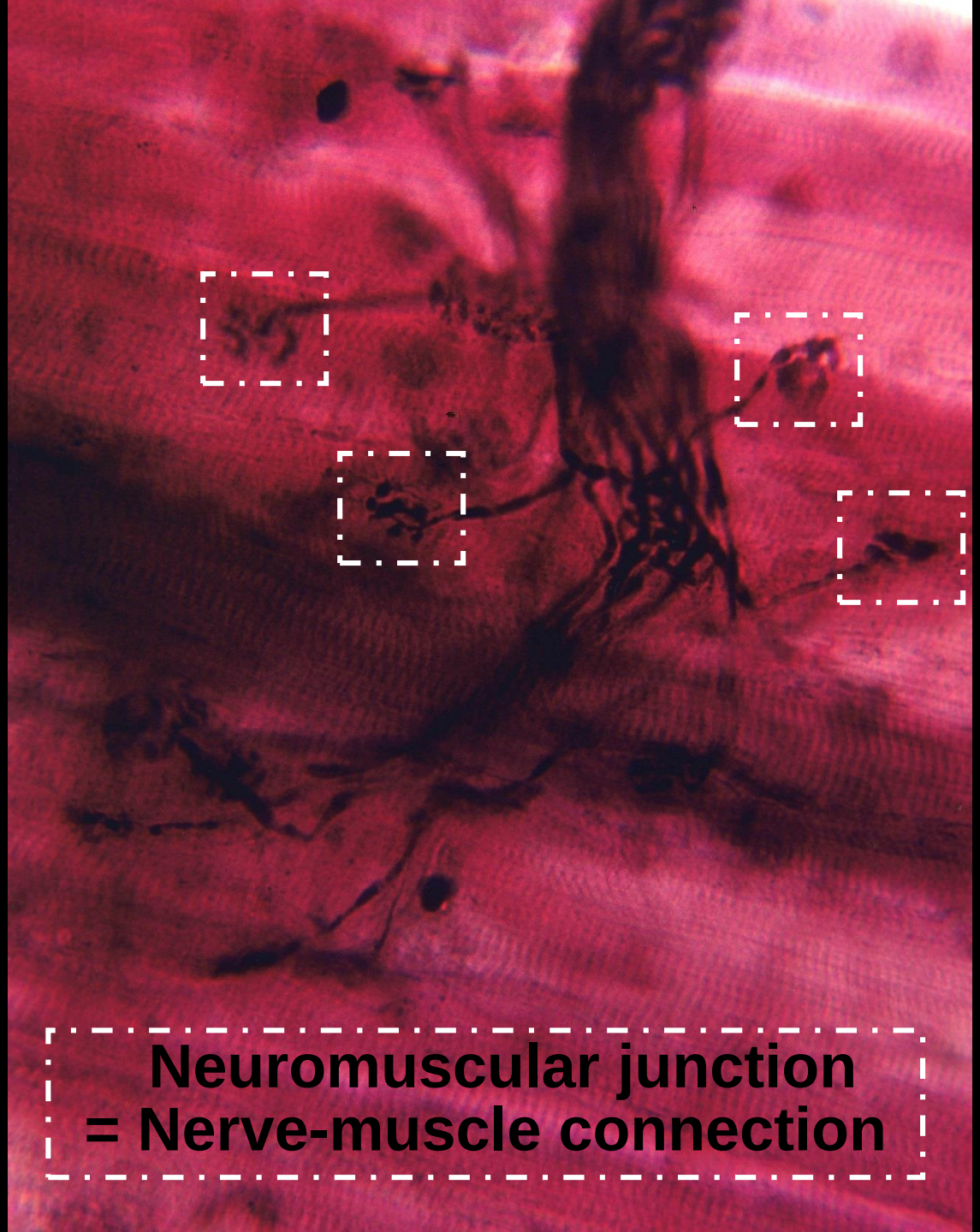
Fight-or-Flight Stories!

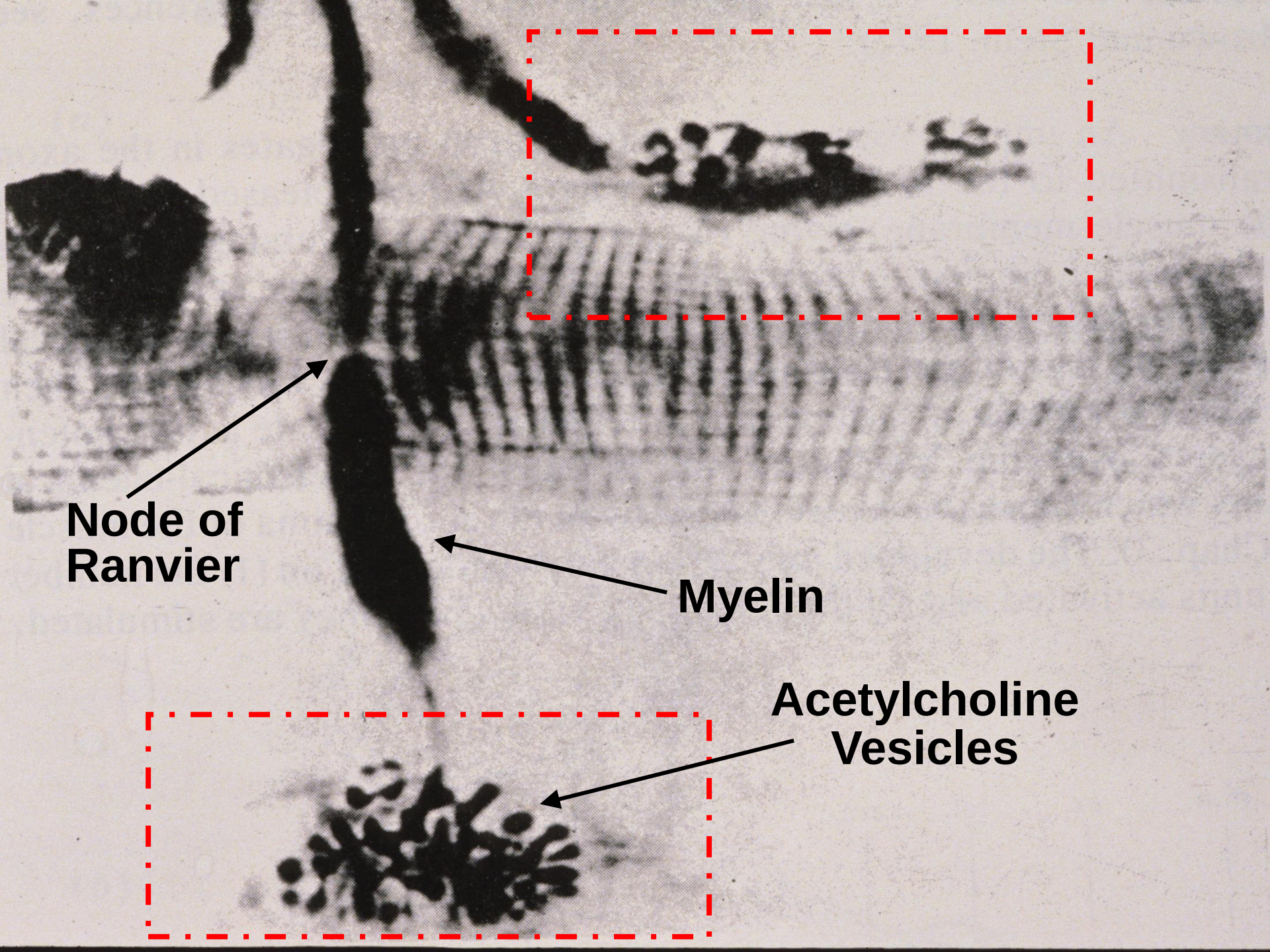
or

…choose this!!

Table 7-1 Effects of Autonomic Nervous System on Various Organs

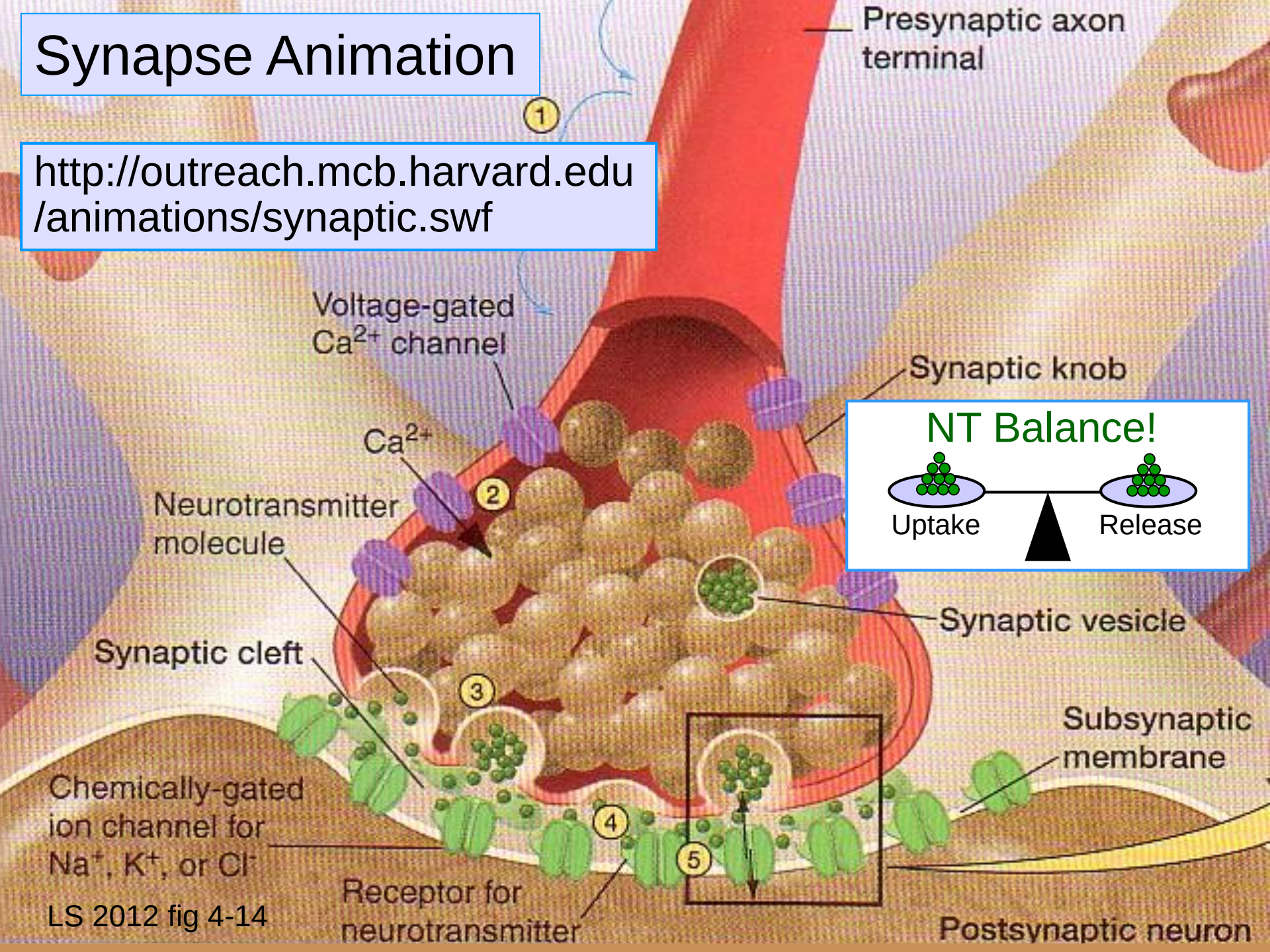
Organ	Effect of Sympathetic Stimulation	Effect of Parasympathetic Stimulation
Heart	Increases heart rate and increases force of contraction of the whole heart	Decreases heart rate and decreases force of contraction of the atria only
Blood Vessels	Constricts	Dilates vessels supplying the penis and the clitoris only
Lungs	Dilates the bronchioles (airways)	Constricts the bronchioles
Digestive Tract	Decreases motility (movement)	Increases motility
	Contracts sphincters (to prevent forward movement of tract contents)	Relaxes sphincters (to permit forward movement of tract contents)
	Inhibits digestive secretions	Stimulates digestive secretions
Urinary Bladder	Relaxes	Contracts (emptying)
Eye	Dilates the pupil	Constricts the pupil
	Adjusts the eye for far vision	Adjusts the eye for near vision
Liver (glycogen stores)	Glycogenolysis (glucose is released)	None
Adipose Cells (fat stores)	Lipolysis (fatty acids are released)	None
Exocrine Glands		
Exocrine pancreas	Inhibits pancreatic exocrine secretion	Stimulates pancreatic exocrine secretion (important for digestion)
Sweat glands	Stimulates secretion by sweat glands important in cooling the body	Stimulates secretion by specialized sweat glands in the armpits and genital area
Salivary glands	Stimulates a small volume of thick saliva rich in mucus	Stimulates a large volume of watery saliva rich in enzymes
Endocrine Glands		
Adrenal medulla	Stimulates epinephrine and norepinephrine secretion	None
Endocrine pancreas	Inhibits insulin secretion	Stimulates insulin secretion
Genitals	Controls ejaculation (males) and orgasm contractions (both sexes)	Controls erection (penis in males and clitoris in females)
Brain Activity	Increases alertness	None


Neuromuscular junction
= Nerve-muscle connection


Node of
Ranvier
Myelin
Acetylcholine
Vesicles

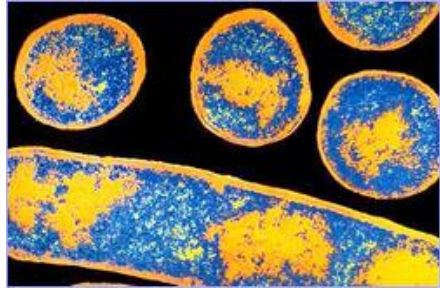
Synapse Animation

http://outreach.mcb.harvard.edu/animations/synaptic.swf



NT Balance!

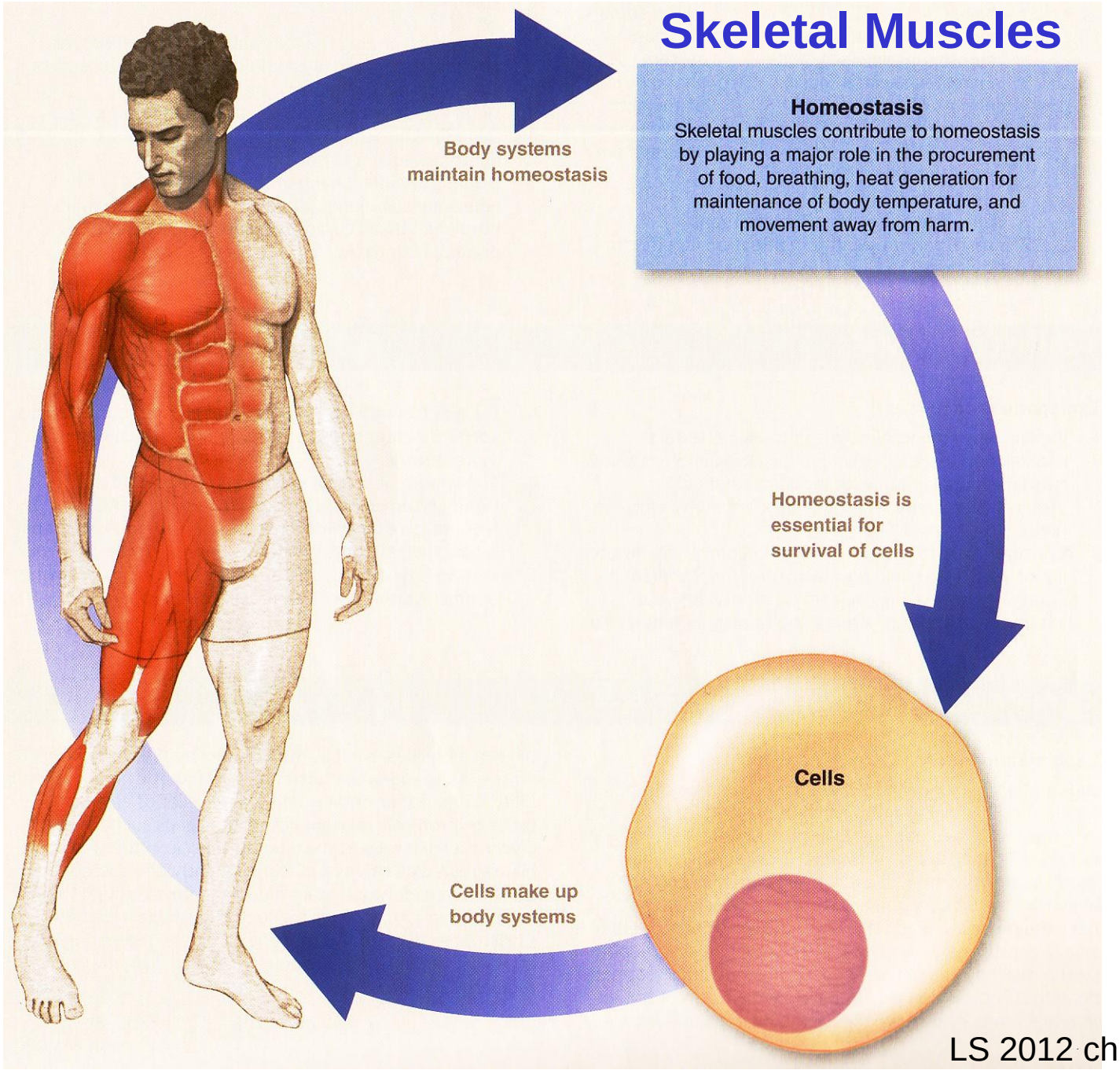
LS 2012 fig 4-14



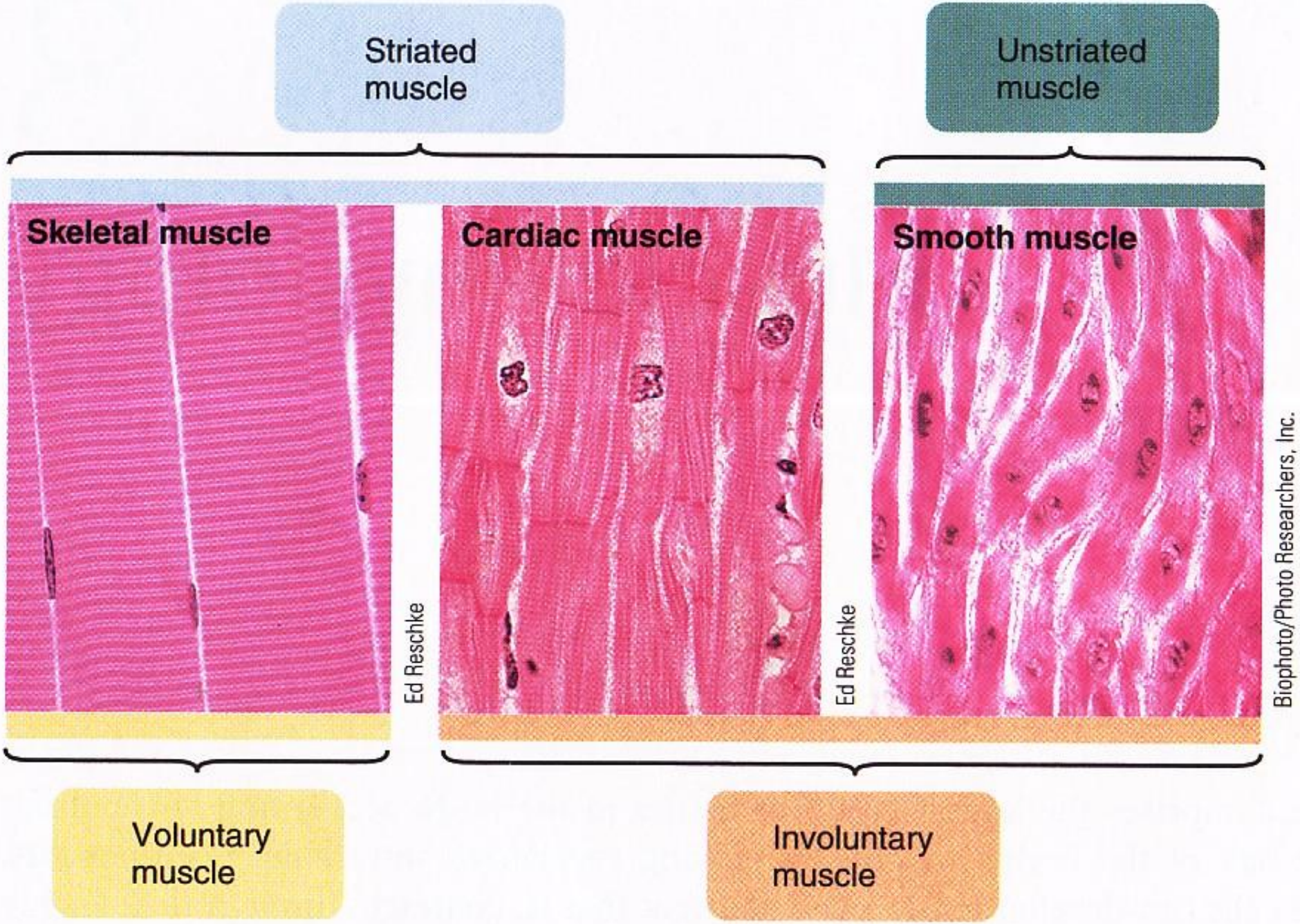

Campbell's
CLASSICS
BEAN
BACON

Axon of motor neuron
Myelin sheath
Action potential propagation in motor neuron
1
Axon terminal
Terminal button
Vesicle of acetylcholine
Ca2+
Calcium channel
2
Action potential propagation in muscle fiber
6
3
Muscle fiber
Plasma membrane of muscle fiber
4
K+
Acetylcholine receptor site
5
Na+
7
Cation channel
Acetylcholinesterase
Local current flow between depolarized end plate and adjacent membrane
Motor end plate
Contractile elements within muscle fiber

Skeletal Muscles

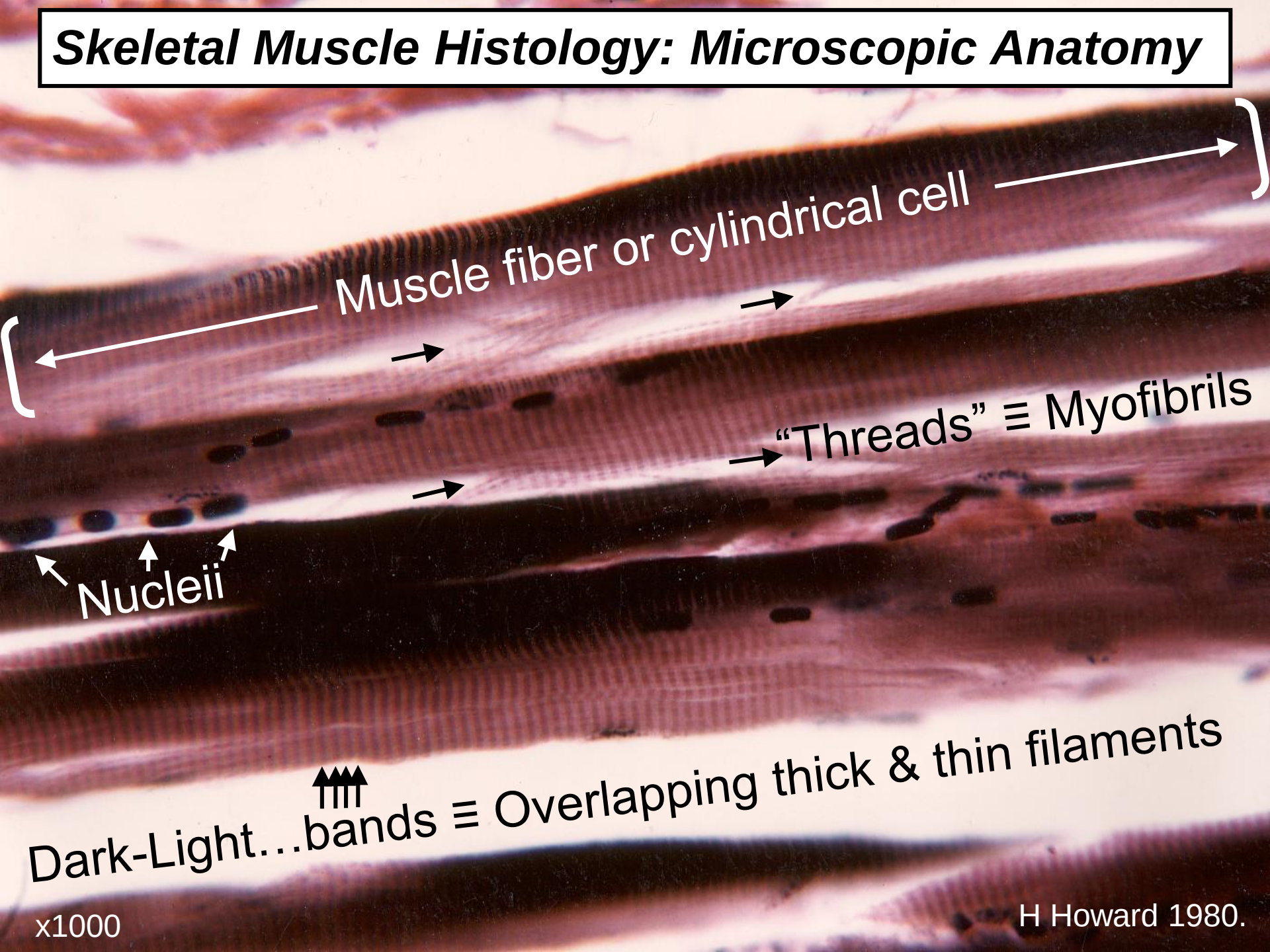


LS 2012 ch 8 vignette

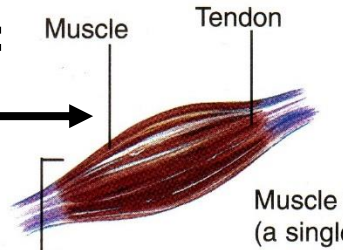


LS 2012 fig 8-1

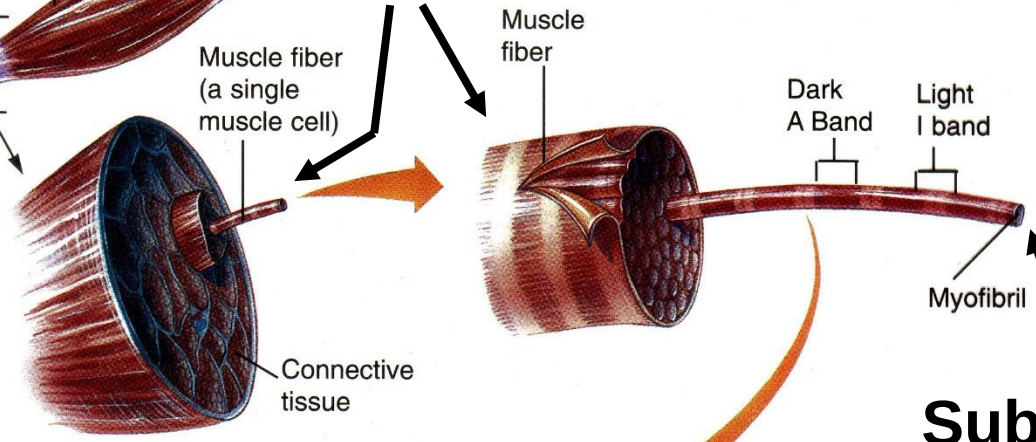
Skeletal Muscle Histology: Microscopic Anatomy



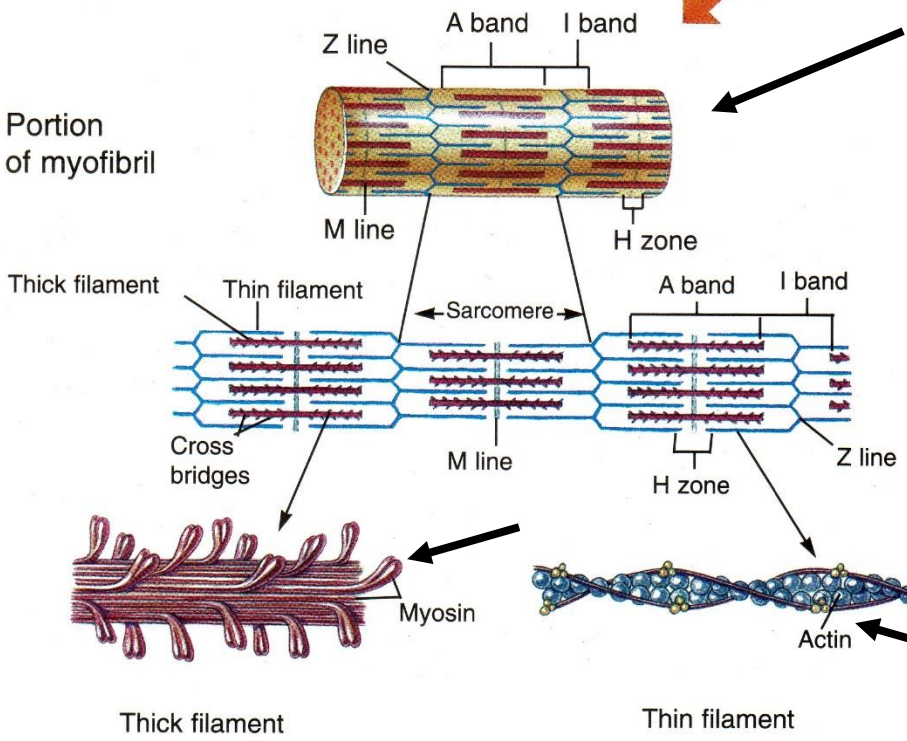
Organ = Muscle



Cell = Myocyte = Fiber



Subcellular = Cytoskeleton



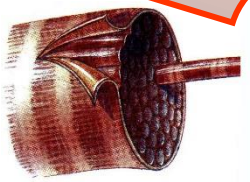
Molecules = Actin & Myosin

LS 2006, cf:
LS 2012 fig 8-2

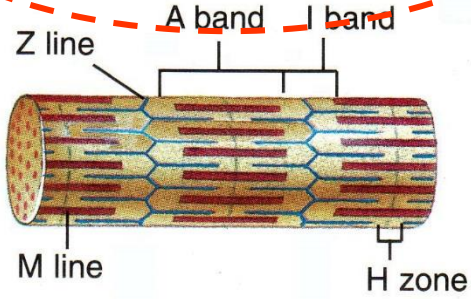
Whole Muscle

Organ

Myocyte or Muscle Fiber

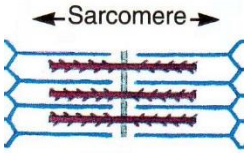


Cell

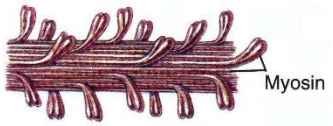


Myofibril

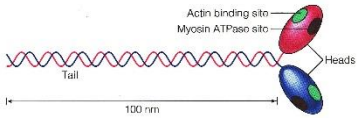
Cytoskeleton

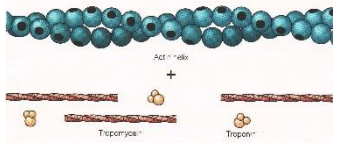


Thick & Thin Filaments

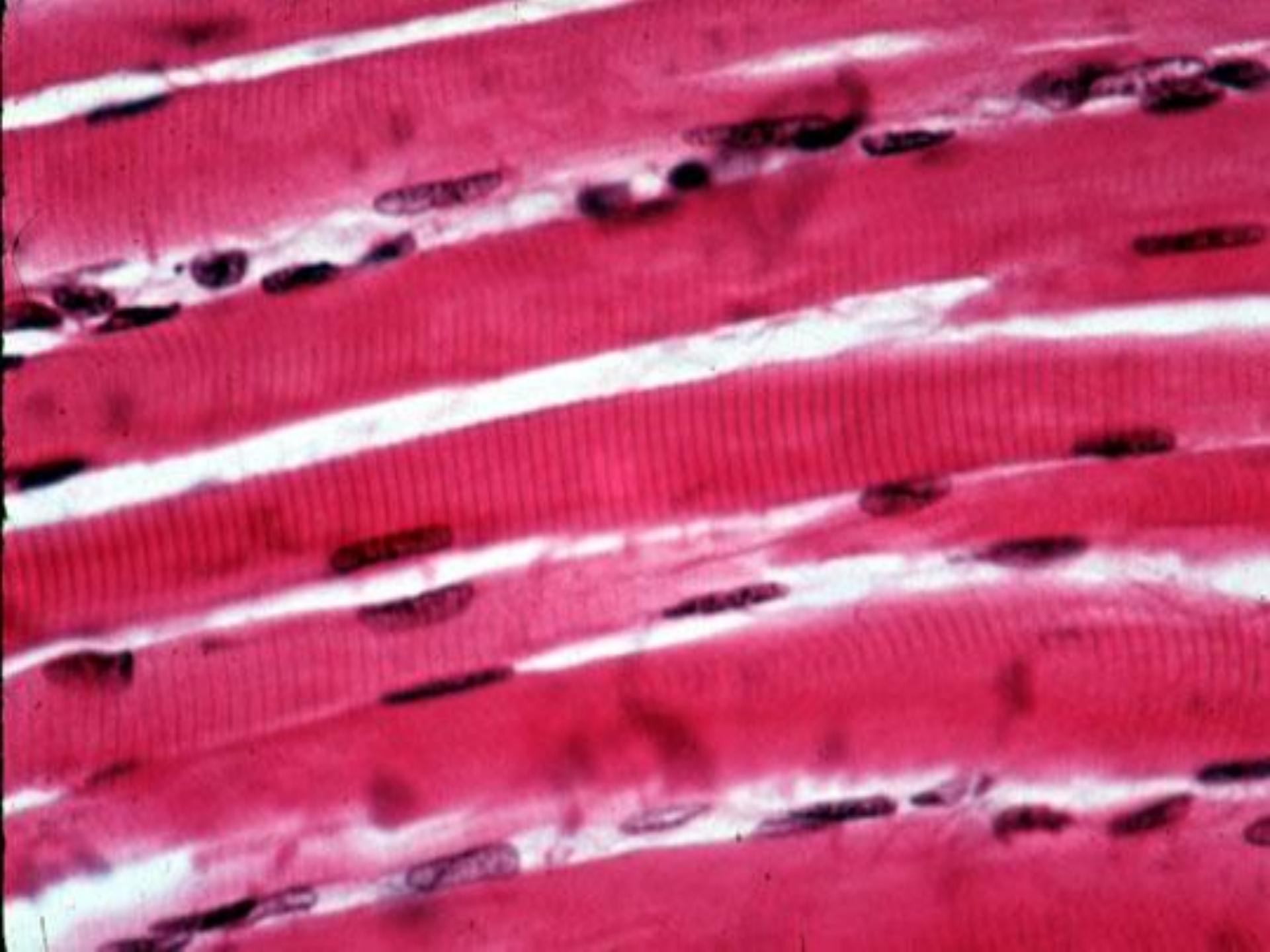


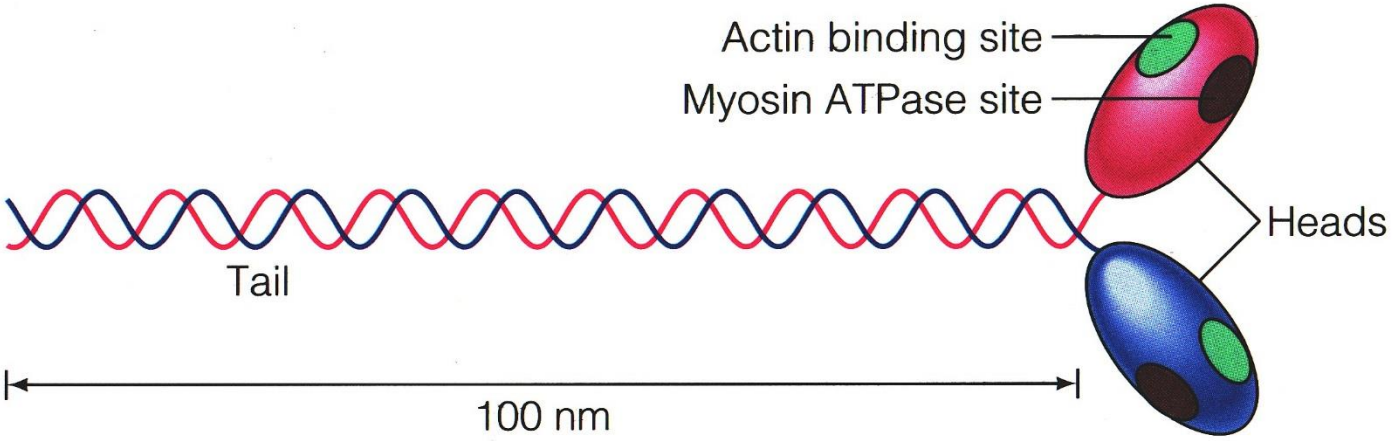
Myosin & Actin





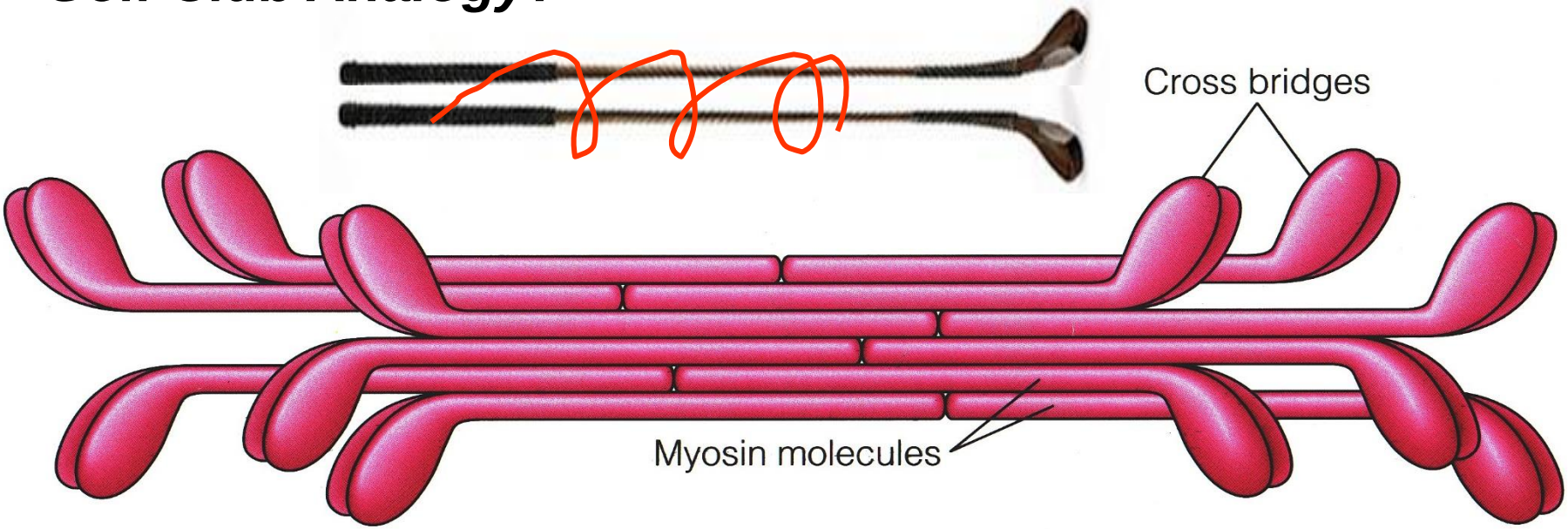
Molecules





(a)

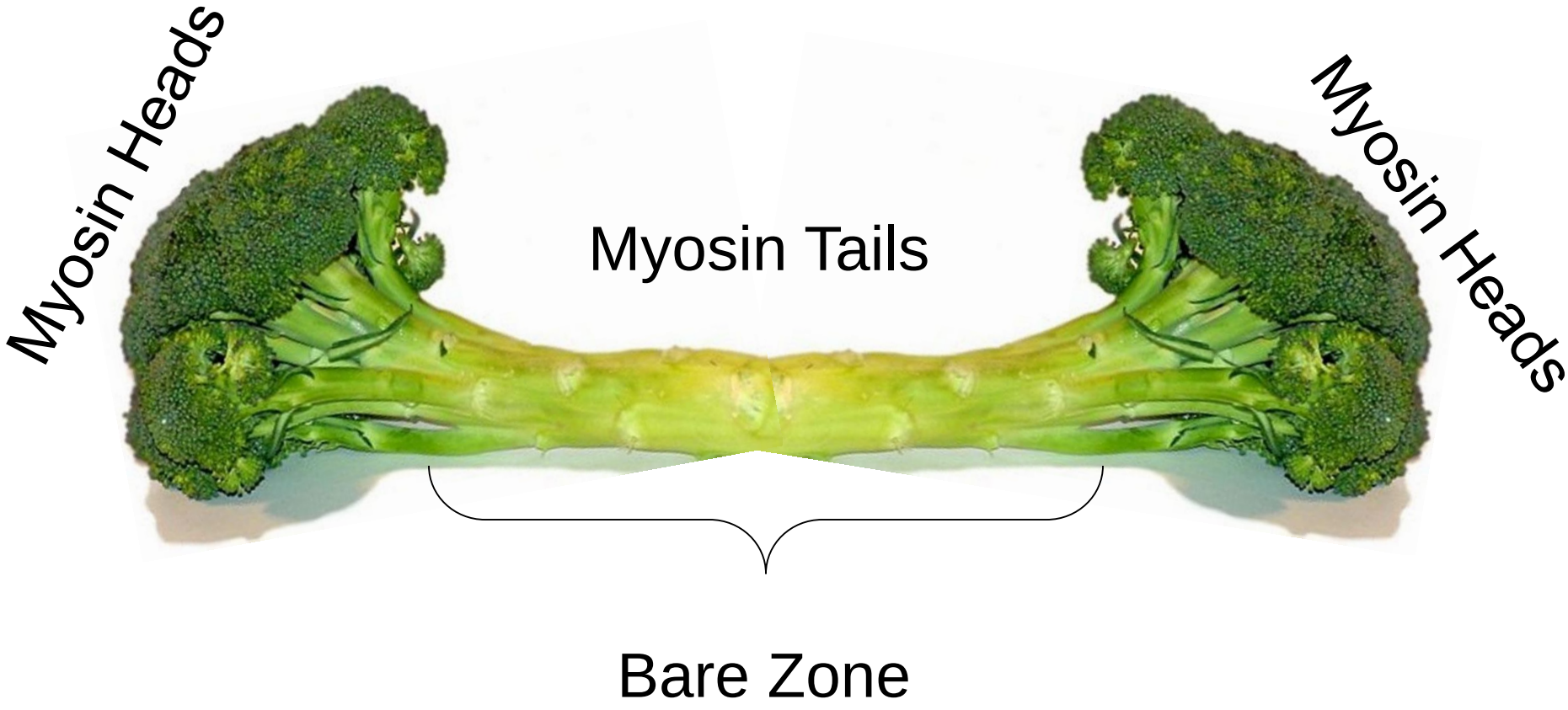
Golf Club Analogy?

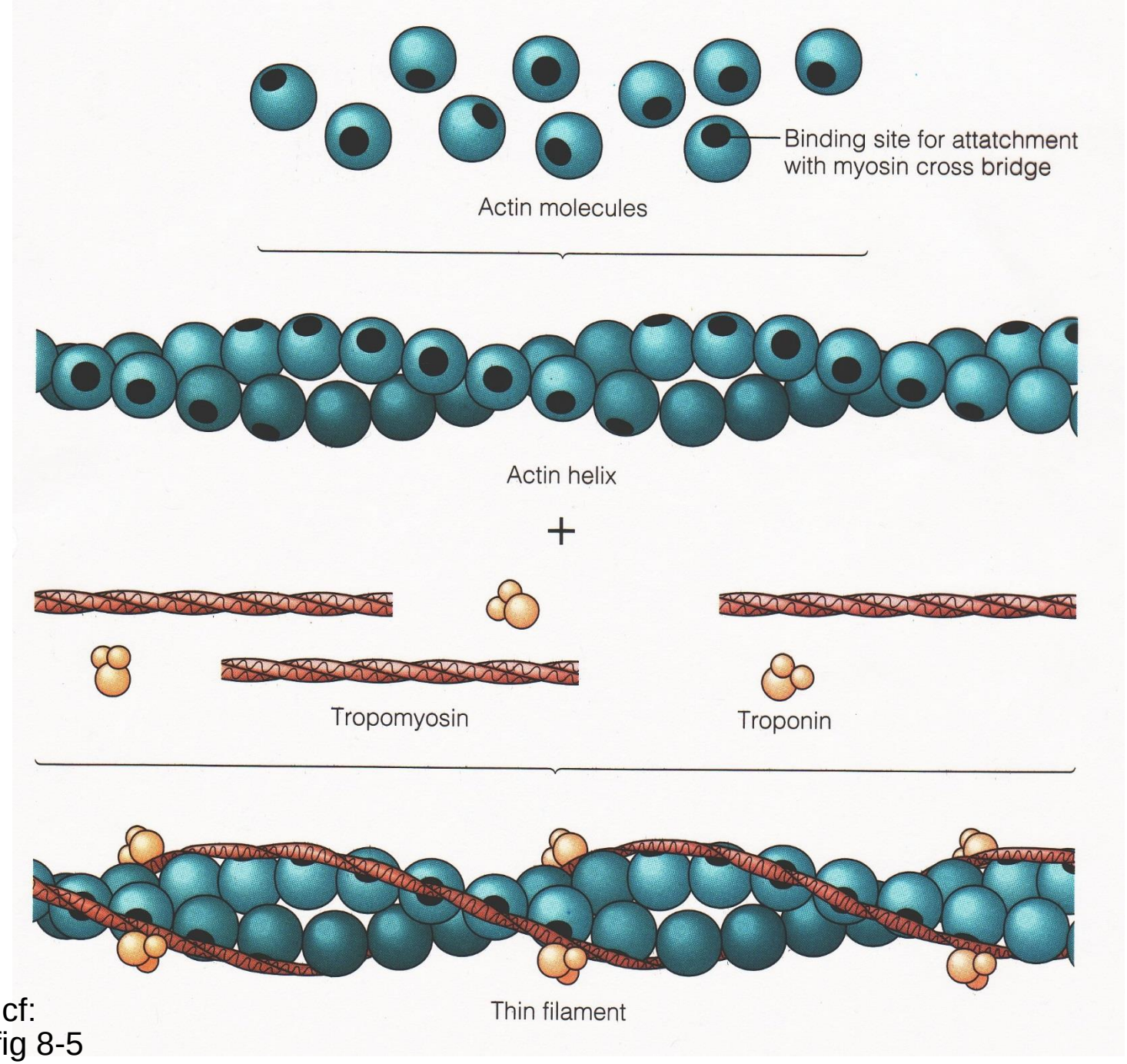


(b)

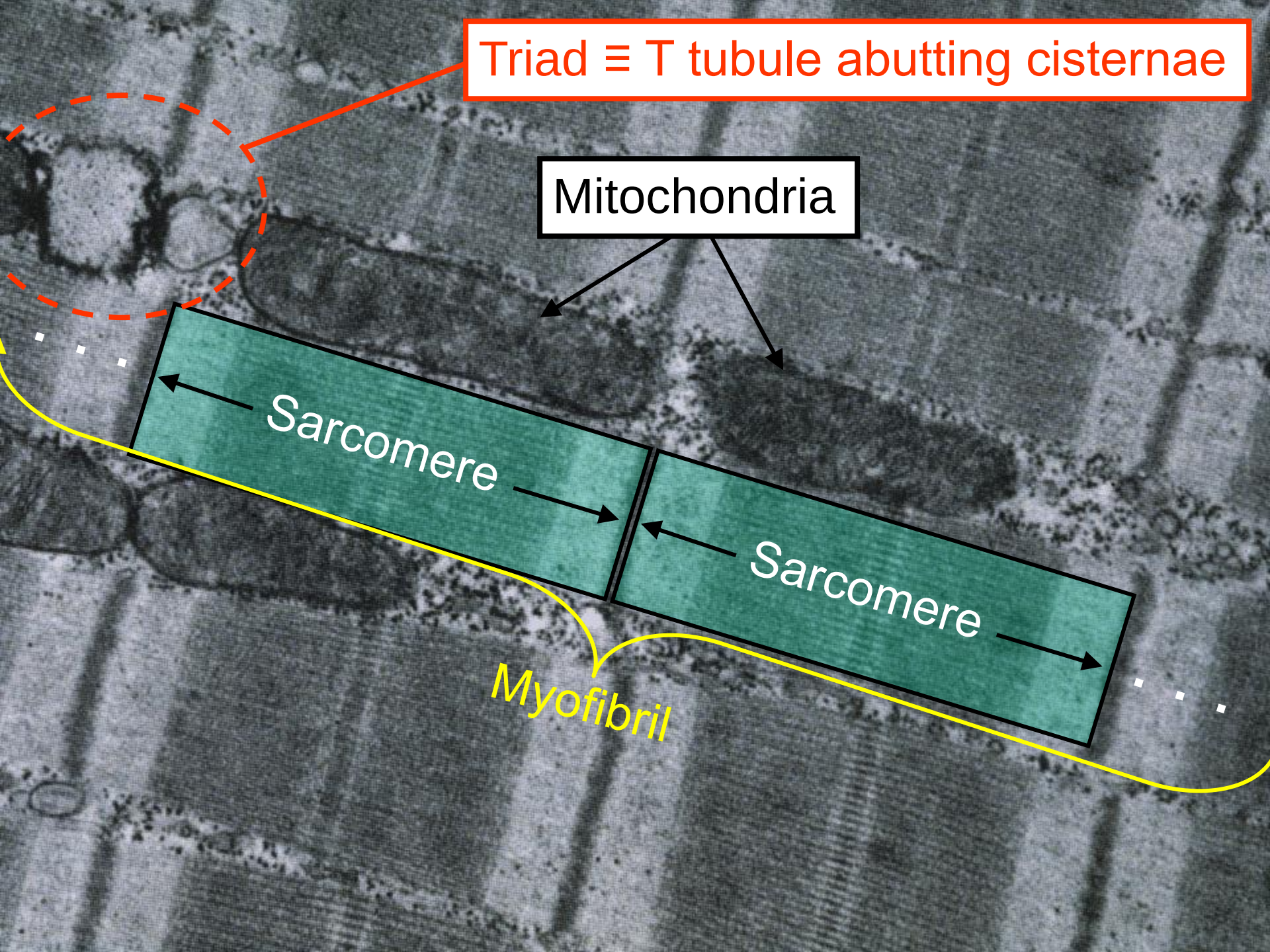
LS 2006, cf:
LS 2012 fig 8-4

Broccoli Analogy?



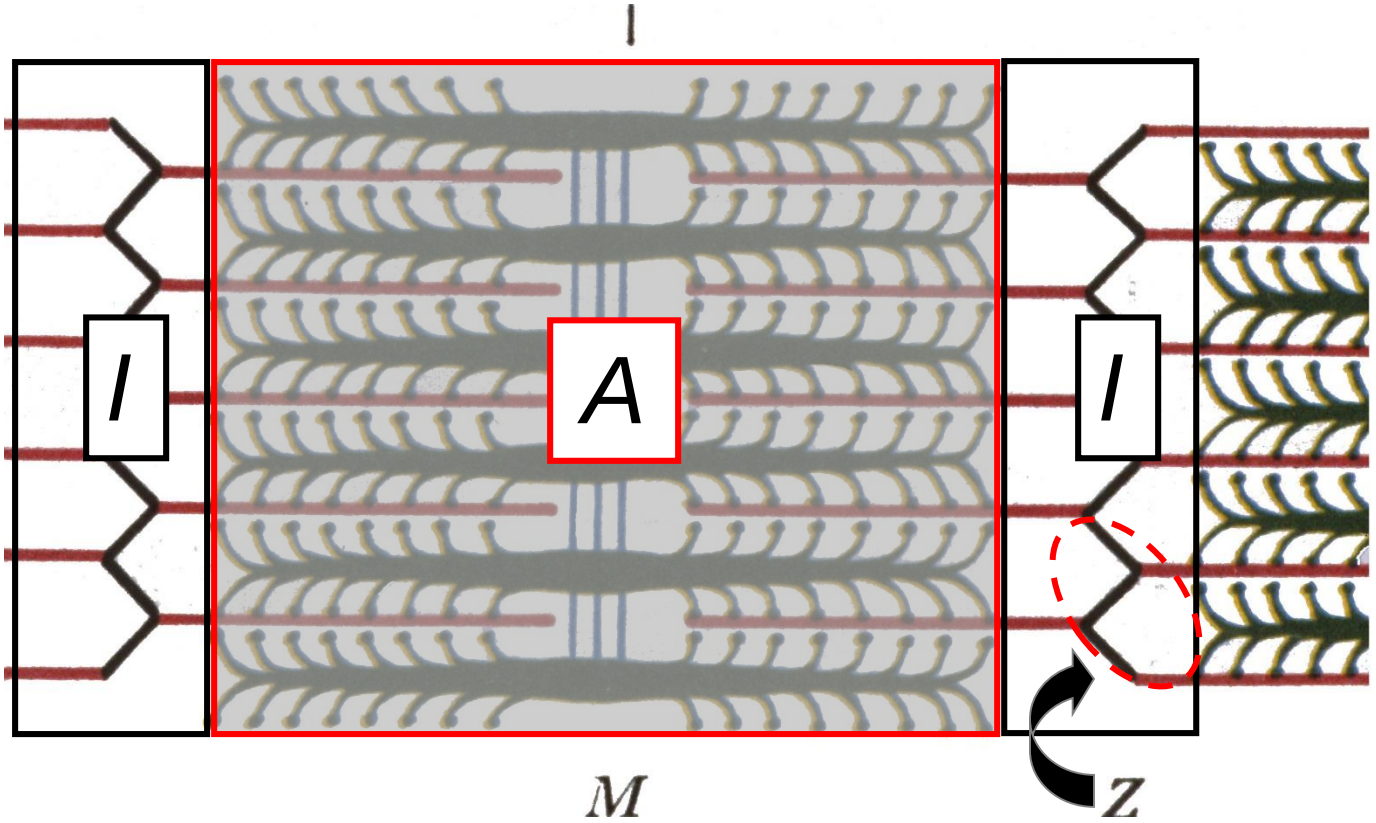


LS 2006, cf:
LS 2012 fig 8-5


Triad ≡ T tubule abutting cisternae
Mitochondria
Sarcomere
Sarcomere
Myofibril

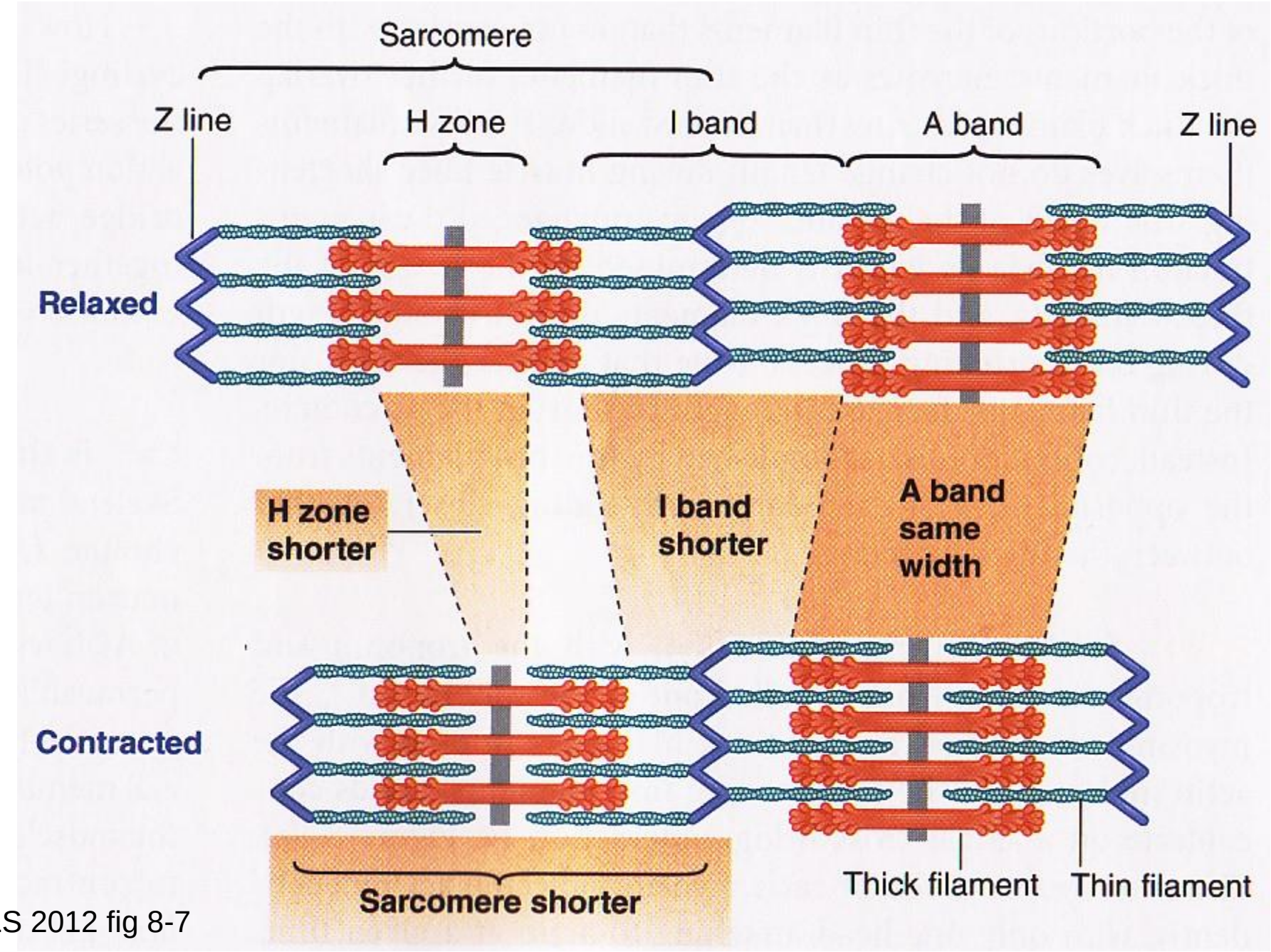
A Band = Dark Band

*A*nisotropic = Light Can't Shine Through



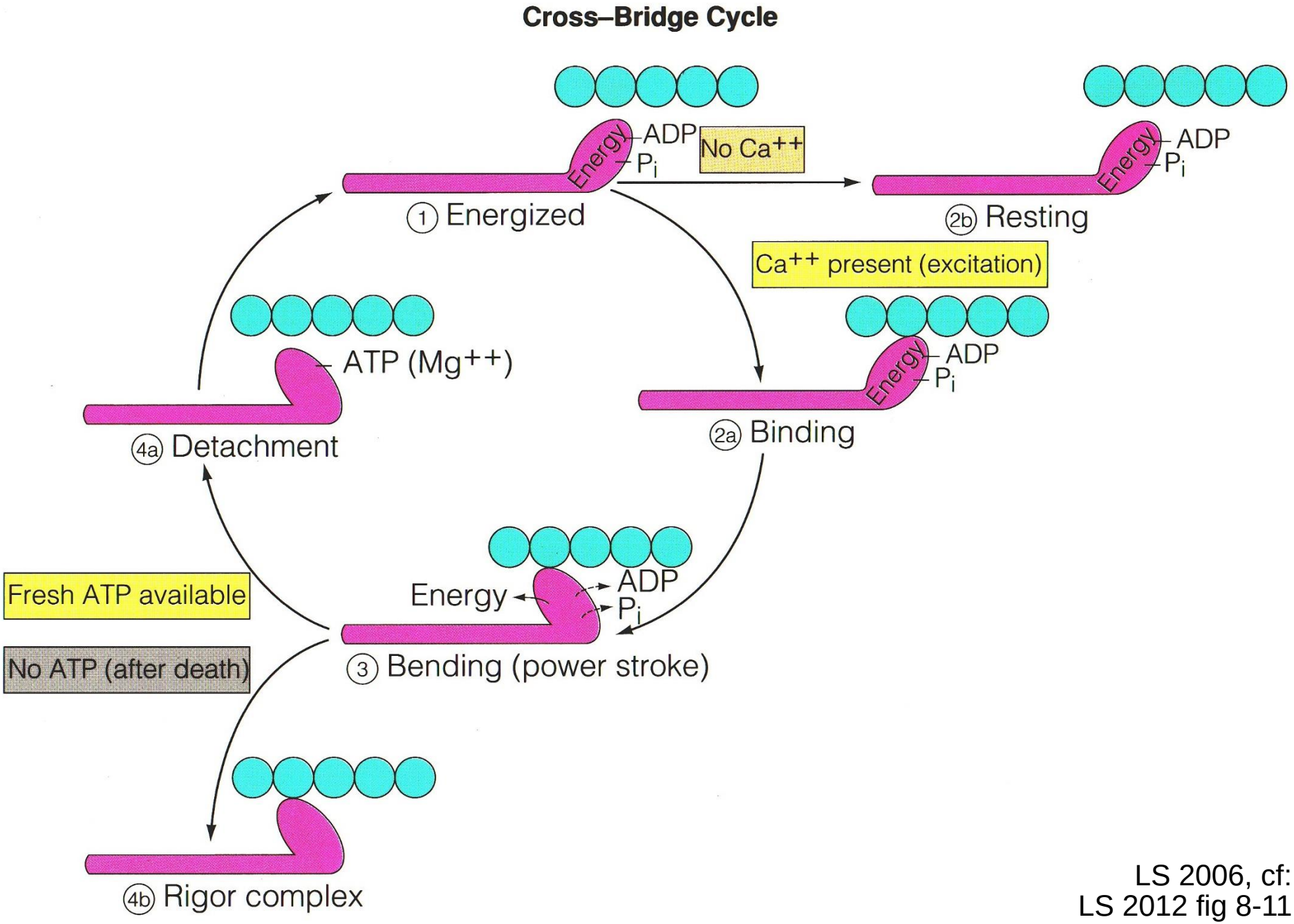
I Band = Light Band

*I*sotropic = Light Can Shine Through



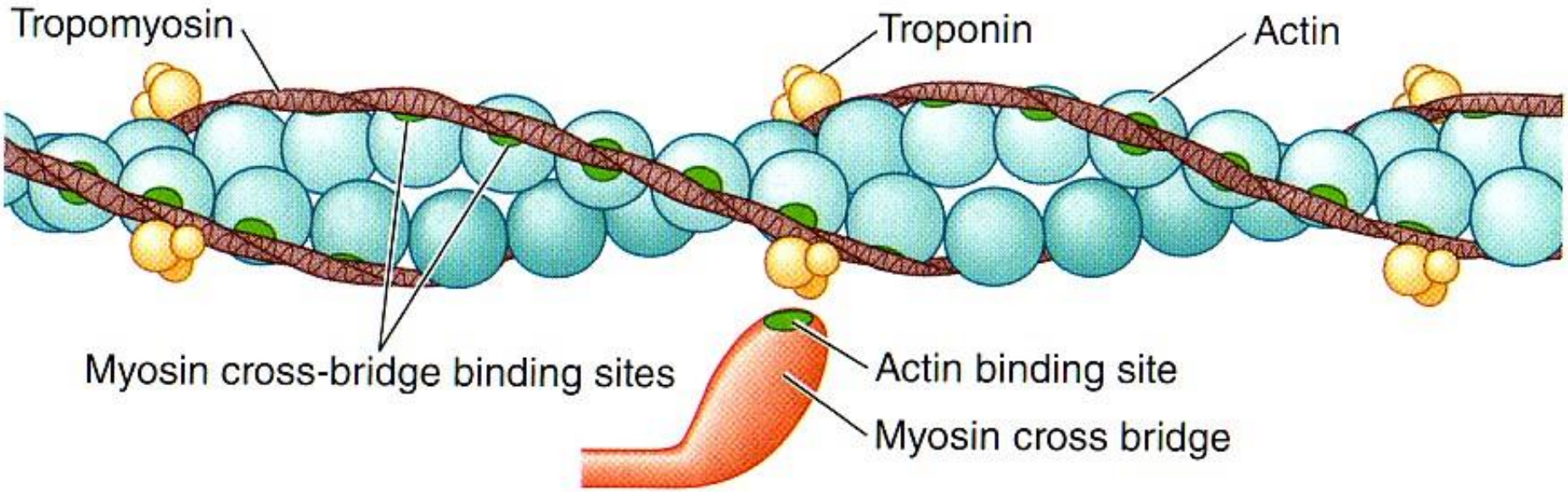
LS 2012 fig 8-7

What do we guess happens at the molecular level?



LS 2006, cf:
LS 2012 fig 8-11

Relaxed: No Cross-Bridge Binding



(a) Relaxed

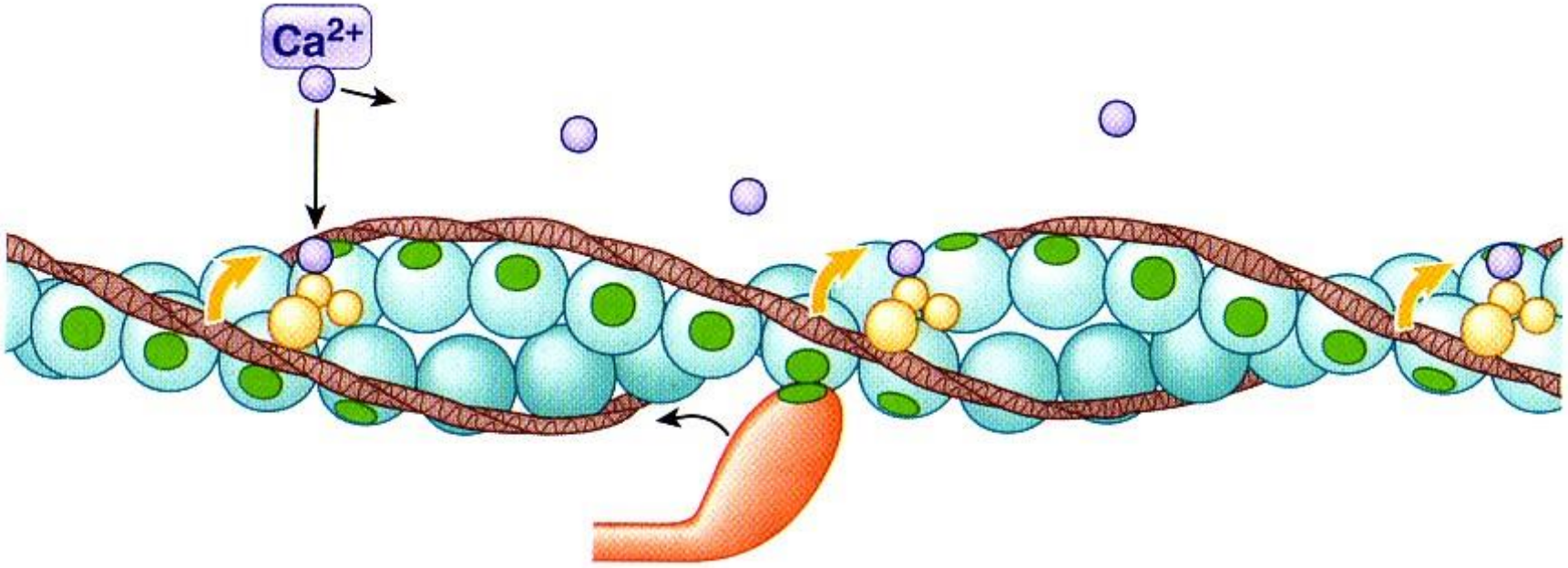
1. No excitation.

2. No cross-bridge binding because cross-bridge binding site on actin is physically covered by troponin–tropomyosin complex.

3. Muscle fiber is relaxed.

LS 2012 fig 8-6a

Excited: Calcium Triggers Cross-Bridge Binding



(b) Excited

1. Muscle fiber is excited and Ca^{2+} is released.

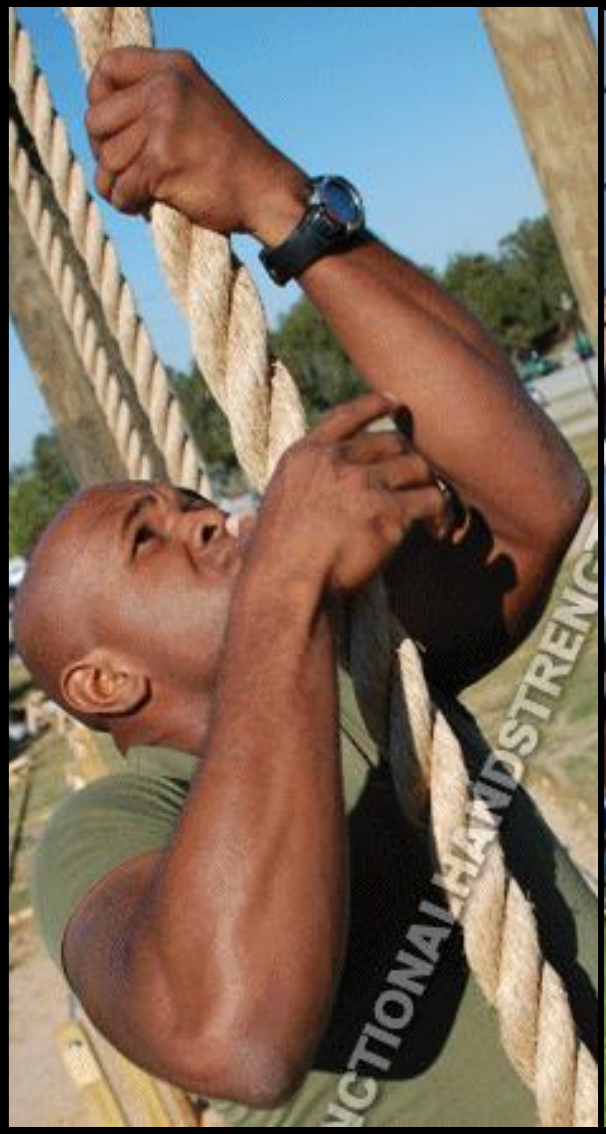
2. Released Ca^{2+} binds with troponin, pulling troponin–tropomyosin complex aside to expose cross-bridge binding site.

3. Cross-bridge binding occurs.

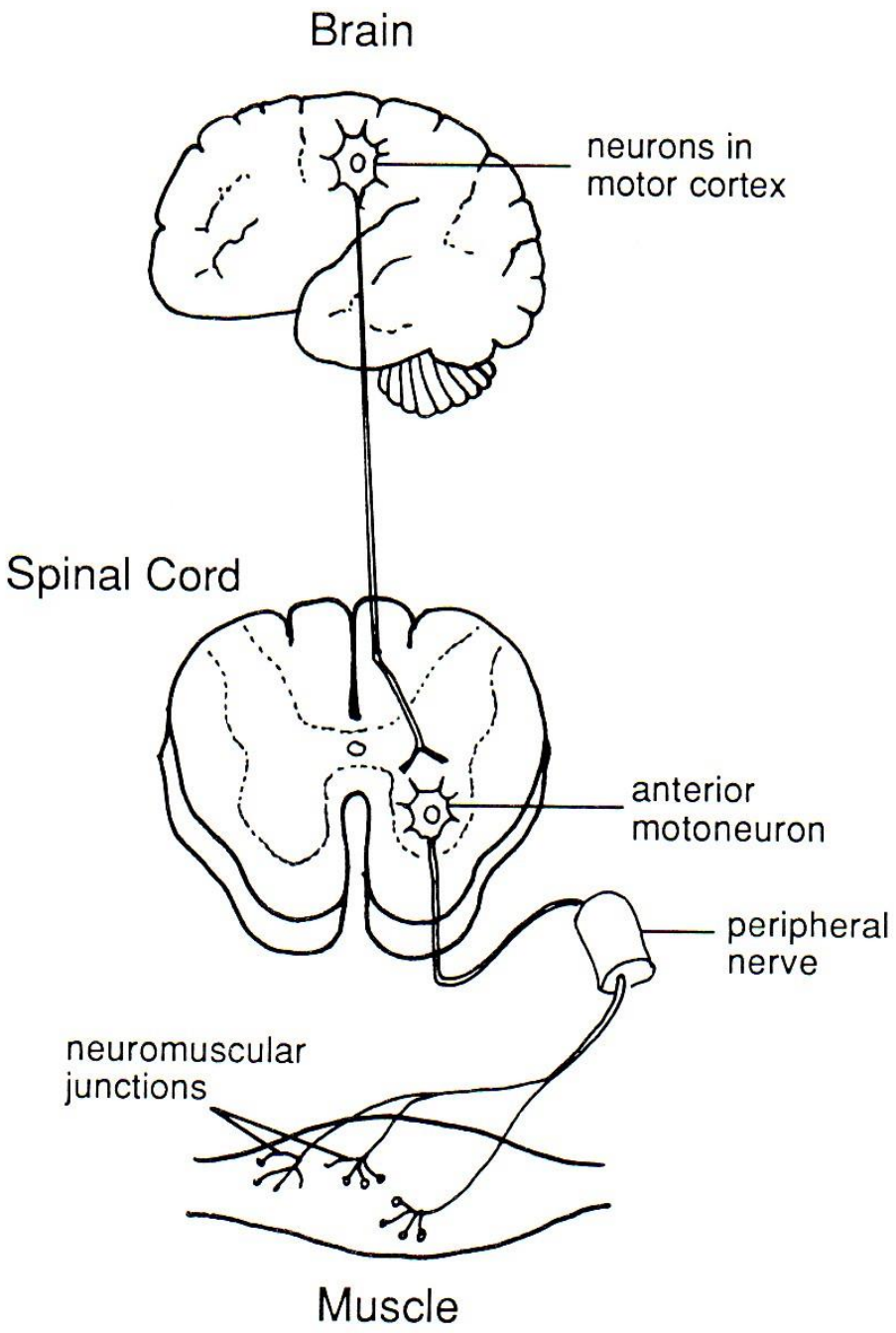
4. Binding of actin and myosin cross bridge triggers power stroke that pulls thin filament inward during contraction.

LS 2012 fig 8-6b

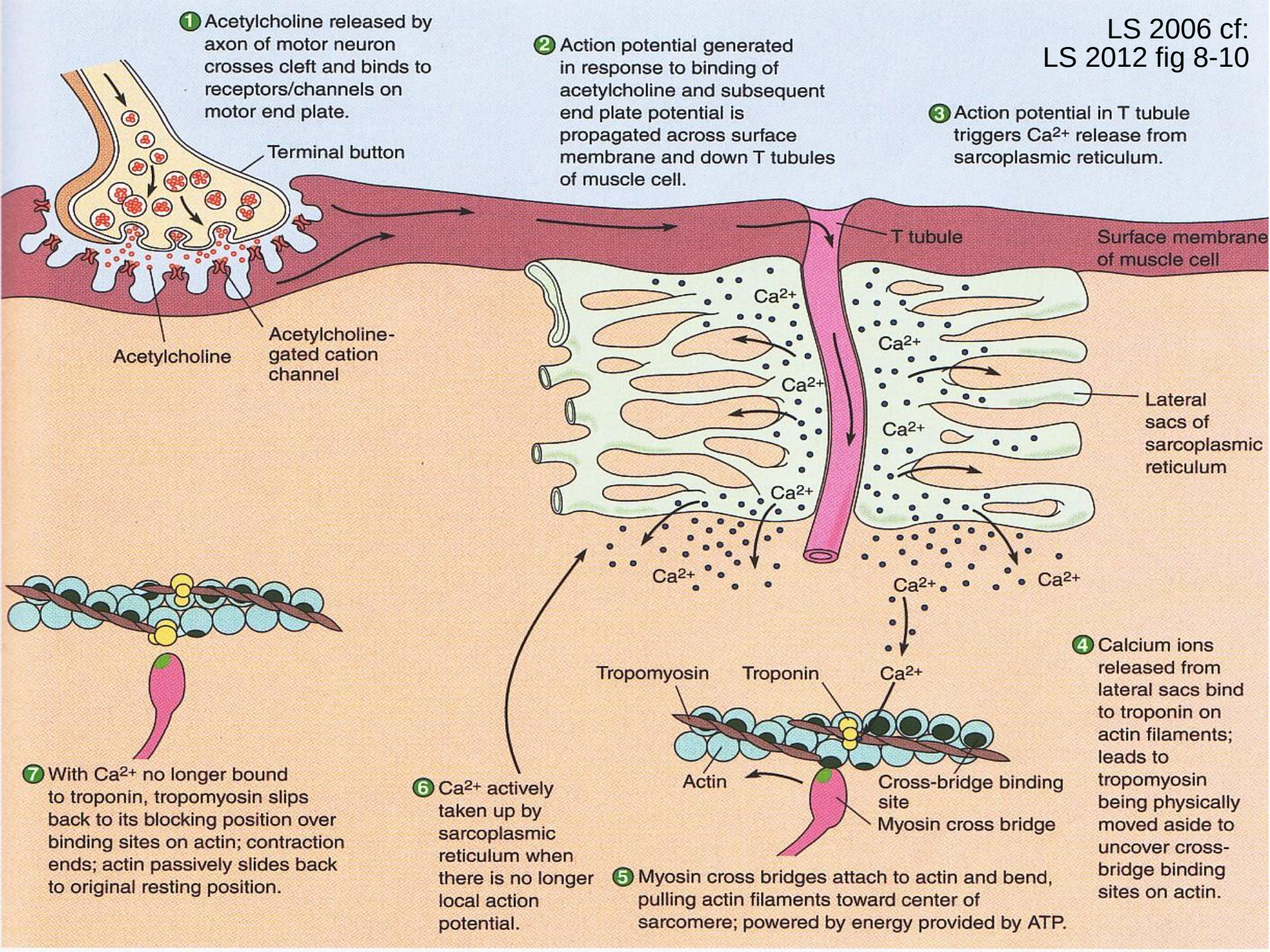
Rope Climb or Tug of War
Grasp, then Regrasp!



Summary


Brain
neurons in
motor cortex
Spinal Cord
anterior
motoneuron
peripheral
nerve
neuromuscular
junctions
Muscle

LS 2006 cf:
LS 2012 fig 8-10



David Bolinsky, XVIVO
Rocky Hill, CT
http://www.xvivo.net/

muscleanimation.mov

http://www.youtube.com/watch?v=BMT4PtXRCVA

http://www.vetmed.wsu.edu/van308/muscleanimation.htm

http://highered.mcgraw-hill.com/sites/0072495855/student_view0/chapter10/animation__action_potentials_and_muscle_contraction.html

A. Malcolm Campbell
Davidson College, Davidson, NC

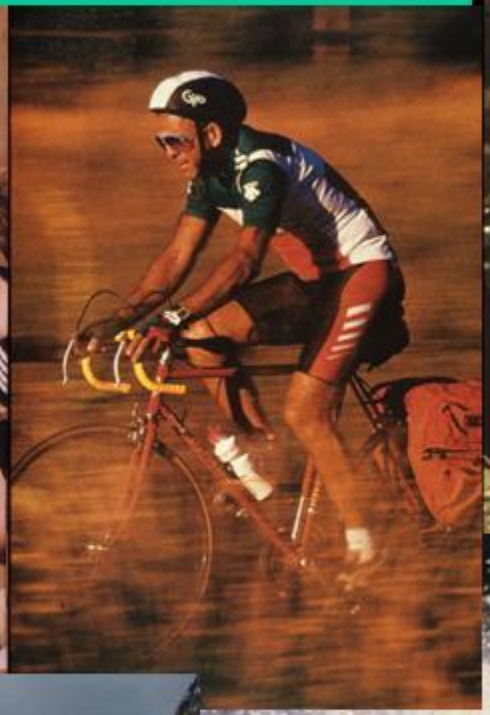
www.bio.davidson.edu/courses/movies.html
http://www.bio.davidson.edu/misc/movies/musclcp.mov

Musclcp.mov

Questions/Discussion?

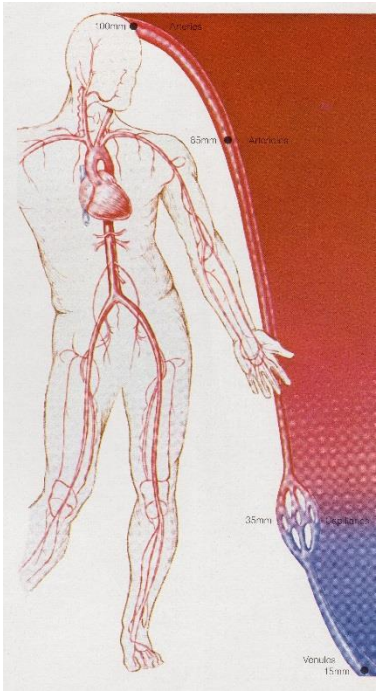
Adaptations to Exercise?

Mode, Intensity, Duration, Frequency,
Distribution of Training Sessions?
Conditions of Environment? Individual?

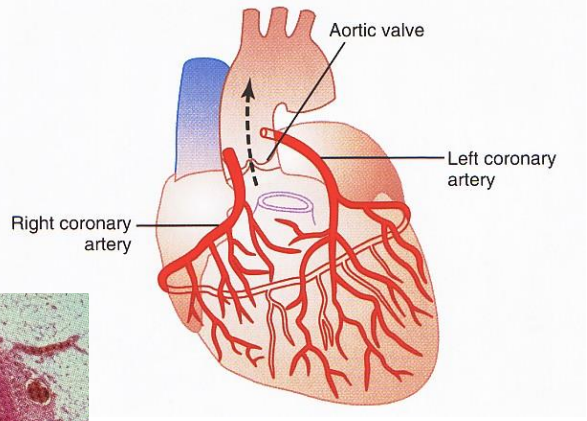


Adaptations to Exercise?

Body Levels of Organization?
Which Body System?

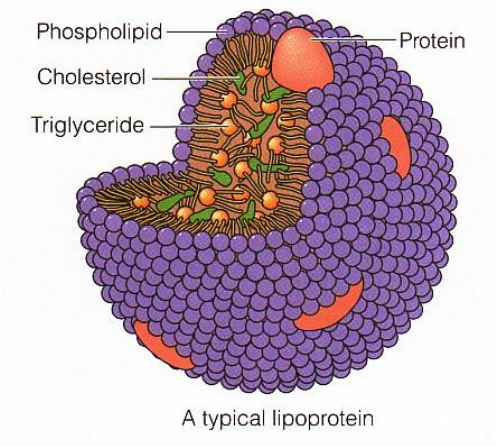


Body System



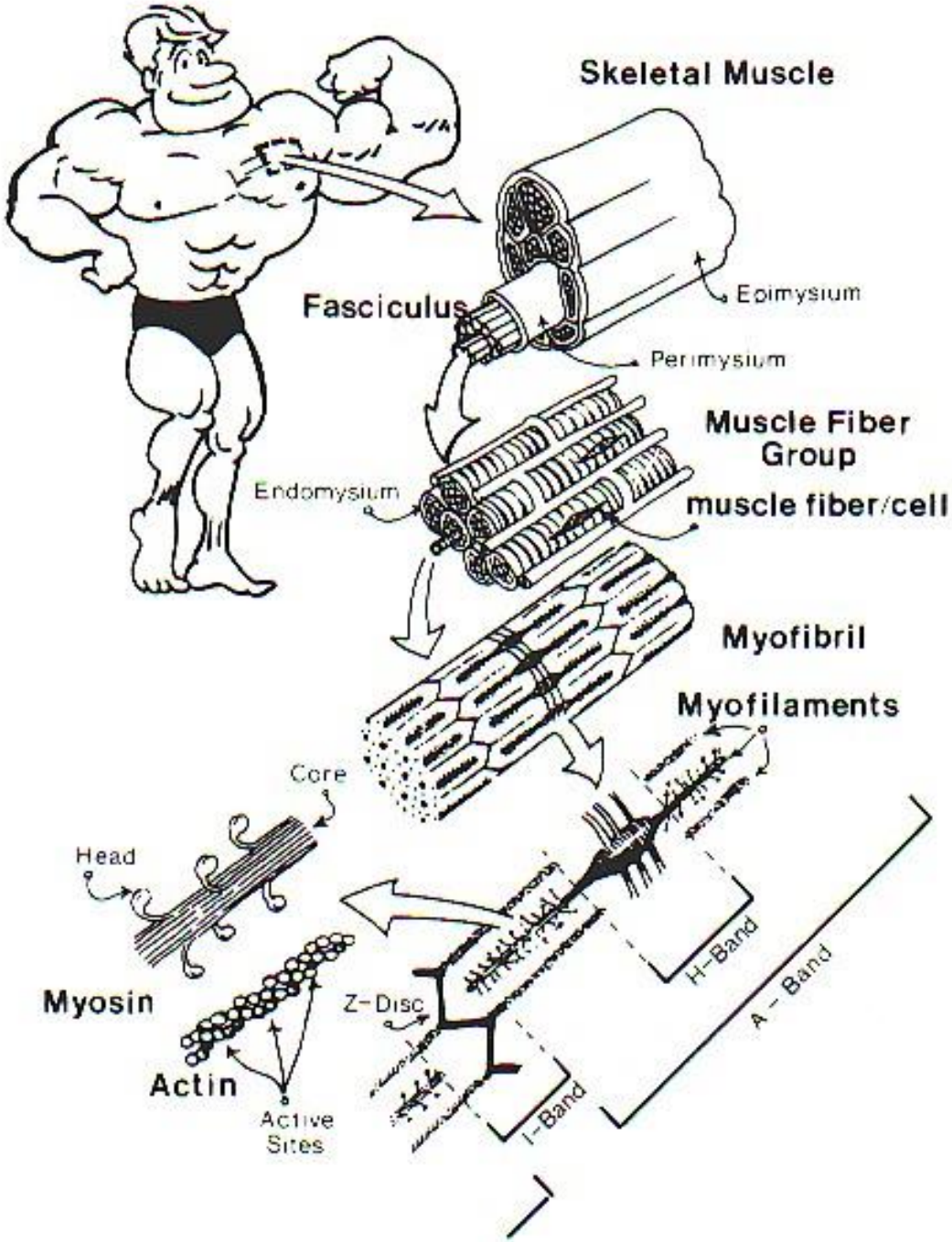
Organ

Cell/Tissue



Molecular

Muscle Adaptations to Exercise



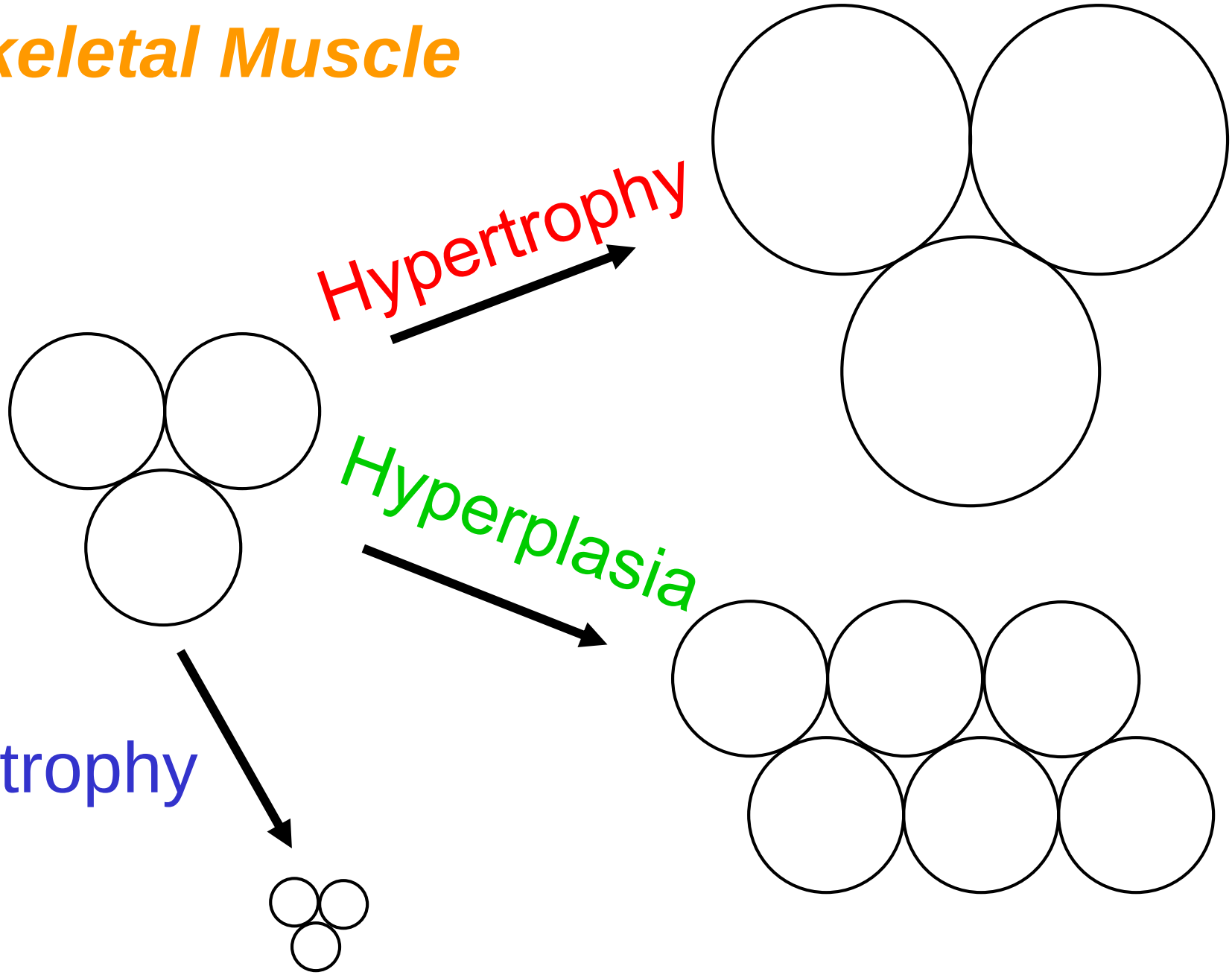
Atrophy

decrease in size & strength

Hypertrophy

increase in size & strength

Skeletal Muscle



Women & Hypertrophy?

What happens in muscles at cellular & subcellular levels?

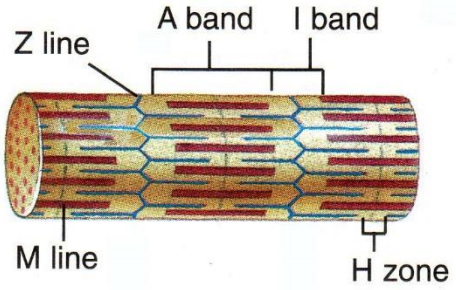
Myofibril

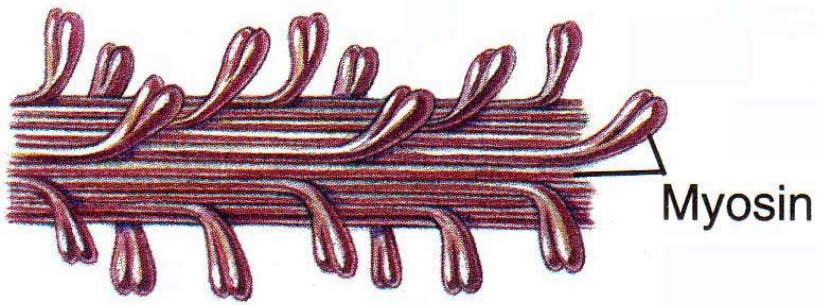
Hypertrophy: *Increased*

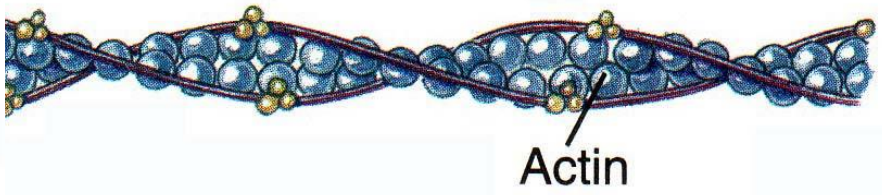
Number of Myofibrils

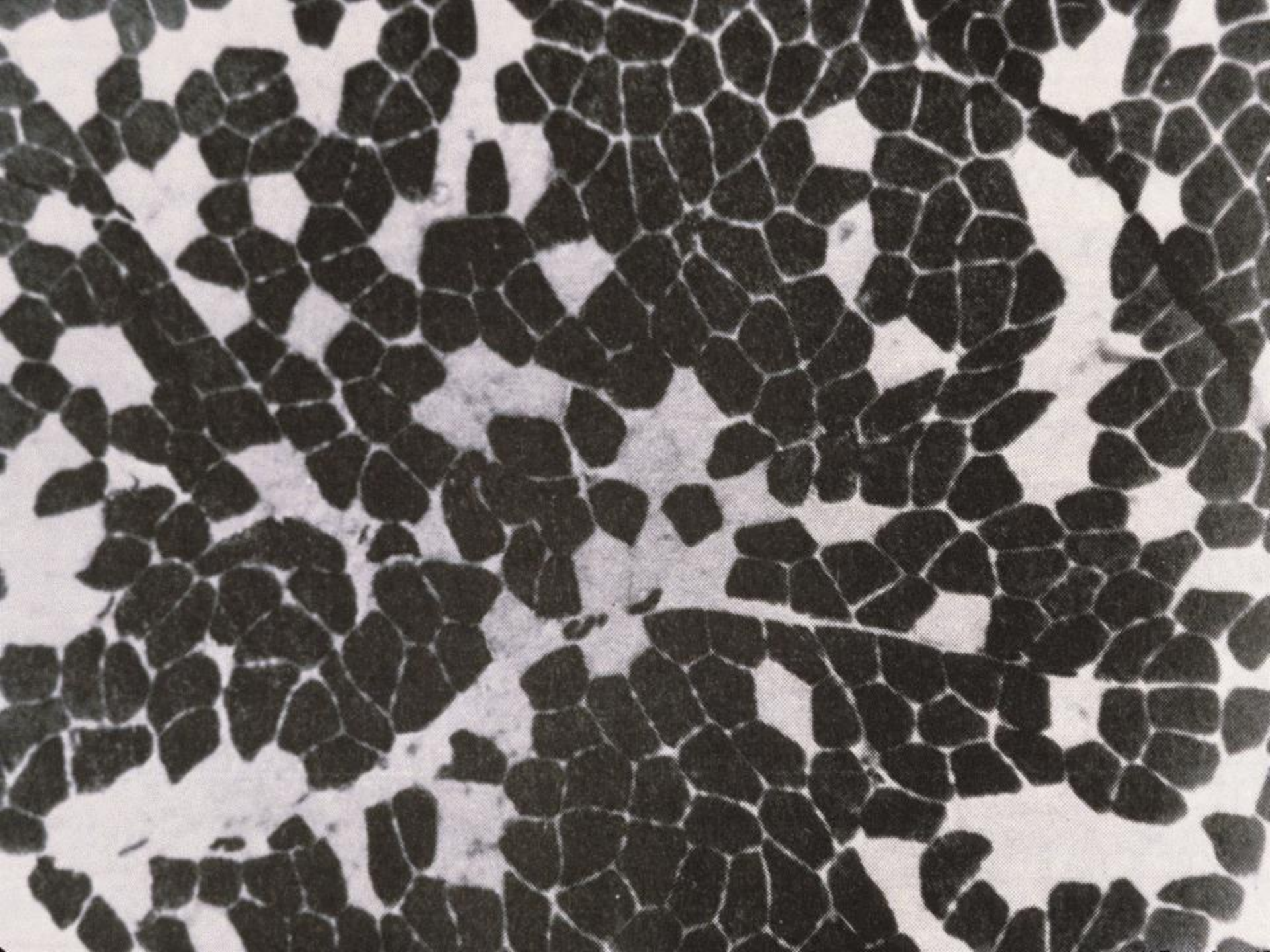
Thick & Thin Filaments

Myosin & Actin Molecules







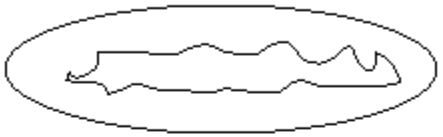


Characteristics of Skeletal Muscle Fibers

Characteristic	TYPE OF FIBER		
	Slow Oxidative (Type I)	Fast Oxidative (Type IIa)	Fast Glycolytic (Type IIb)
Myosin-ATPase Activity	Low	High	High
Speed of Contraction	Slow	Fast	Fast
Resistance to Fatigue	High	Intermediate	Low
Aerobic Capacity	High	High	Low
Anaerobic Capacity	Low	Intermediate	High
Mitochondria	Many	Many	Few
Capillaries	Many	Many	Few
Myoglobin Content	High	High	Low
Color of Fibers	Red	Red	White
Glycogen Content	Low	Intermediate	High

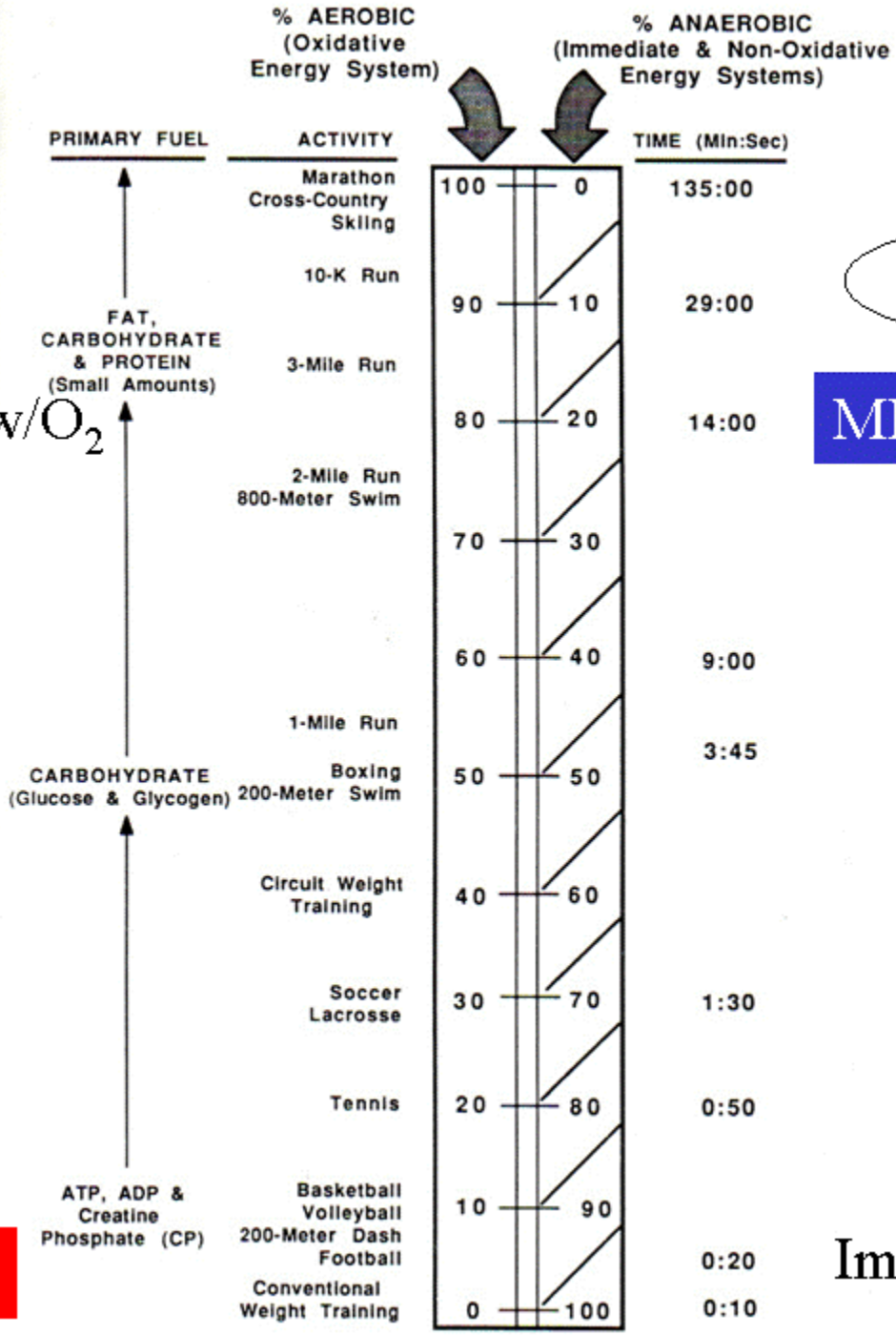
LS 2012 tab 8-1 modified
> VP Lombardi 1989

AEROBIC w/O_2



MITOCHONDRIA

ANAEROBIC



CYTOSOL

Glycolysis

Immediate/ATP-PC

Changes in Muscle Due to Strength Training

- ↑ Size of larger fast vs smaller slow fibers
- ↑ CP as well as creatine phosphokinase (CPK) which enhances short-term power output
- ↑ Key enzymes which help store and dissolve sugar including glycogen phosphorylase (GPP) & phosphofructokinase (PFK)
- ↓ Mitochondrial # relative to muscle tissue
- ↓ Vascularization relative to muscle tissue
- ↑ Splitting of fast fibers? Hyperplasia? With growth hormone (GH), androgenic-anabolic steroids (AAS)?

Changes in Muscle Due to Endurance Training

- ↑ Mitochondria, # & size
- ↑ Mitochondrial (aerobic) enzymes including those specific for fat burning
- ↑ Vascularization of muscles (better blood flow)
- ↑ Stores of fat in muscles accompanied by
- ↓ Triglycerides/fats in bloodstream
- ↑ Enzymes: activation, transport, breakdown (β-oxidation) of fatty acids
- ↑ Myoglobin (enhances O_2 transport)
- ↑ Resting energy levels which inhibit sugar breakdown
- ↑ Aerobic capacity of all three fiber types.

Which end of continuum?

+

Which energy nutrient/s?

+ Which specific muscles?

cf:


45

Dancing can be super aerobic exercise, too, & you don't have to be a star!

Extremes of the energy continuum!