

## Lecture 16: Active Learning Questions

1. What does the *A* in *A-band* stand for/represent? What *microfilaments* are contained *within the A-band*? What does the *I* in *I-band* represent? What *microfilaments* are contained *within the I-band*?
2. Identify key *variables* that determine *skeletal muscle adaptation to exercise*. Which of these *variables* can we manipulate or *change*?
3. Compare-and-contrast the *capillary density* and *myoglobin* content of *fast-glycolytic fibers* vs. *slow-oxidative fibers*.
4. What is the *pharynx*?...the *larynx*?...the *trachea*? What are the *common* or *lay terms* for each of these structures? What are the 1<sup>st</sup> *two branches* of the *trachea*? What structures make up the *most distal point* of the respiratory system where *gas exchange* takes place?
5. What is the *chief muscle* of *ventilation*? What does this muscle do to initiate *inhalation*? ...*exhalation*? *Where* specifically (anatomical site) is *automatic breathing* controlled?