

Muscle cells provide a good example of how cells in the human body perform the process of cell respiration, under both aerobic and anaerobic conditions. All cells, including muscle cells, need glucose and oxygen in order for their mitochondria to perform aerobic cell respiration. When the oxygen supply to cells is reduced, anaerobic respiration takes over. Ultimately, both processes provide cells with their needed ATP, which in turn supplies the cell with energy to function properly.



When muscle activity is continuous and excessive, muscle cells will switch from aerobic respiration to anaerobic respiration as the availability of oxygen decreases. Overworked muscle cells in a state of anaerobic respiration can become tired or fatigued. A fatigued muscle cannot function efficiently. The symptoms of excessive anaerobic respiration are sore muscles and muscle "cramps". These cramps are largely due to a buildup of lactic acid among the muscle tissue. Fortunately, this condition is not permanent. When the overworked muscle cells are given a rest to allow the body to "catch up" its oxygen supply, the lactic acid will recycle back through the system and the cells will revert once again to aerobic respiration.

#### PURPOSE OF INVESTIGATION:

1. To experience the reduction in muscle efficiency from continuous muscle contractions due to muscle fatigue.
2. To explain the observed pattern of muscle fatigue in terms of aerobic and anaerobic respiration pathways, oxygen availability, and waste buildup.

**MATERIALS:** Clothespin\*, timer (\*you can also use a kitchen clip or hair clip to do this activity)

**PROCEDURE:** Choose **one** of the following options for this assignment

#### Option A: If you have a clothespin or similar object at home

1. Hold the clothespin between the thumb and pointer finger of your non-writing hand. The rest of your fingers should be closed like a fist.
2. Open and close the pin AS FAST AS YOU CAN for **20** seconds, and count the number of closures you can do in 20 seconds. You get a **5** second break in-between trials.
3. Count the number of times you closed the clothespin for every trial and record the number in the following data table. Repeat this procedure for 5 trials.

DATA TABLE	
Trial	# of Squeezes
1	
2	
3	
4	
5	

/1

4. Graph your data. Then answer analysis questions 1-7, and discussion questions 1-5.

# Clothespin Muscle Fatigue Lab Answers

**Michael Rajnik**



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