

Mitochondria – functions and training

Name _____

Go to www.teachersdomain.org – click on science then on life science. At the bottom click on structure and function of cells. Now click on the title of this assignment.

1. The more mitochondria you have the more _____ you can generate during exercise.
2. What did the study of chickens and mallards show scientists?
3. Why does it not matter (for your energy needs) if your dad is a “sluggard”?
4. What did Holloszy discover that 12 weeks of exercise did for rats?
5. What does cytochrome C do for mitochondria?
6. How long did the 10 minute exercise rats last in the endurance test? The 2 hour exercise rats?
7. What did Dudley show about training in relation to how much time was spent?
8. What did Dudley show was the best intensity to use and for how long if you wanted to get the maximum increase in cytochrome C (for fast twitch fibers)?

9. Same questions as #8 except use slow-twitch fibers.

10. What does the author say is the “bottom line” in regards to training?