NAMES_____

There are nine factors that determine skeletal muscle force production. Name them. And provide a *very* brief summary of how each one works.

There are nine factors that influence skeletal muscle force output. Circle them.

Physiological explanations (e.g., cross bridge cycling)

Mitochondrial density

Body size

Blood oxygen content

Neural recruitment

Total cardiac output (HR × stroke volume)

Lung capacity

Strength-to-mass ratio

Red blood cell mass / total hemoglobin

Homeostasis

Efficiency of the electron transport chain

Arrangement of the muscle fibers

Density of capillary beds

Muscle contraction velocity

Dose-response curve

Muscle length / length-tension relationship

Aerobic enzyme concentration

Joint angle

Muscle cross sectional area

Fat availability / rate of fat oxidation

Central pattern generators