

## HLTH 147 | QUIZ 28 OF 29 (Lecture 33)

NAMES \_\_\_\_\_

**What is the relationship between mTOR and lifespan?**

**What is the relationship between AMPK and blood pressure?**

**How does AMPK affect tissue healing? Early? Late?**

**What's the relationship between cortisol and muscle metabolism?**

**Isometric, eccentric, concentric: put them in order of least to most anabolic.**

**What are the mechanisms that explain anabolic signaling in eccentric exercise?**

**How does blood flow restriction influence anabolic signaling?**

**Upon initiating an exercise program, how long does it take to detect hypertrophy?**

**How long after an individual exercise session does protein synthesis persist?**

**How might the incorporation of “cardio” affect anabolic signaling?**