

HLTH 147 | QUIZ 7 OF 29 (Lecture 10)

NAMES _____

Does hypertrophy begin at the onset of an exercise program? If not, what explains the initial strength improvement?

What happens to motor units as older adults continue to age?

What is GABA? What happens to it as older adults continue to age? How might that affect performance?

What are reactive and proactive inhibition?

What are some variables that affect peak force development rate?

How might fatigue affect muscular performance?

**Does stretching before performance reduce the risk of injury?
Is there a different activity that would reduce it more?**

**Does stretching before performance enhance subsequent power performance?
Is there a different pre-participation activity that would enhance it more?**