USING THE ERGOGRAPH TO DEMONSTRATE SKELETAL MUSCLE CHARACTERISTICS

A different person should do each part of the exercise to minimize the effects of muscle fatigue.

NOTE:
1. Fatigue means when you can't pull the trigger another time
2. Use one finger only
3. Pull the trigger as far back as it will go each time

PART ONE: EFFECT OF RATE ON MUSCLE FATIGUE.

1. Pull trigger of ergograph at a rate of 1 per second to fatigue. Count the number of pulls and record.
2. Rest 5 minutes.
3. Pull trigger of ergograph at a rate of 1 per 2 seconds to fatigue. Count the number of pulls and record.

Question: Is there a difference in the number of pulls to fatigue at different rates? Why?

PART TWO: EFFECT OF REST PERIOD ON MUSCLE FATIGUE.

1. Pull trigger of ergograph at a rate of 1 per second to fatigue. Count the number of pulls and record.
2. Rest 30 seconds.
3. Pull trigger of ergograph at a rate of 1 per second to fatigue. Count the number of pulls and record.
4. Rest 5 minutes.
5. Pull trigger of ergograph at a rate of 1 per second to fatigue. Count the number of pulls and record.

Question: Does a longer period of rest (recovery) effect the number of pulls? Why?

PART THREE: EFFECT OF CIRCULATION ON MUSCLE FATIGUE.

1. Place a pressure cuff on the upper arm loosely (Do not inflate at this time). Pull trigger of ergograph at a rate of 1 per second to fatigue. Count the number of pulls and record.
2. Rest 5 minutes.
3. Inflate the pressure cuff to 180 mm Hg and immediately pull trigger of ergograph at a rate of 1 per second to fatigue. Count the number of pulls and record. Release pressure in cuff.

Question: What is the effect of stopping the circulation of blood to and from skeletal muscles on the number of pulls? Why?