21. What is the role of tropomyosin in skeletal muscles?

A. Tropomyosin is the chemical that activates the myosin heads.
B. Tropomyosin serves as a contraction inhibitor by blocking the myosin binding sites on the actin molecules.
C. Tropomyosin serves as a contraction inhibitor by blocking the actin binding sites on the myosin molecules.
D. Tropomyosin is the receptor for the motor neuron neurotransmitter.

22. Most skeletal muscles contain _____.

A. muscle fibers of the same type
B. a mixture of fiber types
C. a predominance of slow oxidative fibers
D. a predominance of fast oxidative fibers

23. Which of the following would be recruited later in muscle stimulation when contractile strength increases?

A. motor units with the longest muscle fibers
B. many small motor units with the ability to stimulate other motor units
C. large motor units with small, highly excitable neurons
D. motor units with larger, less excitable neurons

24. Myoglobin _____.

A. breaks down glycogen
B. is a protein involved in the direct phosphorylation of ADP
C. stores oxygen in muscle cells
D. produces the end plate potential

25. The strongest muscle contractions are normally achieved by _____.

A. increasing stimulus above the threshold
B. increasing stimulus above the treppe stimulus
C. increasing the stimulation up to the maximal stimulus
D. recruiting small and medium muscle fibers

26. Which of the following statements regarding skeletal muscle is FALSE?

A. The length of time a muscle can continue to contract using aerobic pathways is called aerobic endurance.
B. The point at which muscle metabolism converts to anaerobic pathways is called anaerobic abstinence.
C. Activities that require a surge of power but last only a few seconds such as weight lifting rely entirely on ATP and creatine phosphate stores.
D. The more on and off activities such as tennis are fueled almost entirely by anaerobic glycolysis.

27. A sustained maximal contraction (without relaxation) and which is caused by a very rapid stimulation of a skeletal muscle is called:

A. rigor mortis
B. contractility
C. motor unit
D. tetanus
E. muscle twitch