

Exam SPO3030 – Training muscle and force production.

Autumn 2010

Problems counts equally / Oppgavene teller likt

English

Problem 1

Describe how a nerve signal activates a muscle fibre, and how this leads to muscle fibre contraction.

Problem 2

Explain how maximal strength training improves aerobic endurance performance. Give one example from a study.

Problem 3

- a) Describe what categorizes COPD patients.
- b) How can maximal strength training affect pulmonary function in this group of patients?