**Types of muscles**

**Task**

**Download and read through the types of muscles power point and answer the following questions**

There are **3 types of muscle** in the body. Name these 3 types and **provide one example** of each:

1.

2.

3.

What are the **characteristics** of these 3 types of muscle:

1.

2.

3.

**Muscle fibre types**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Greg Rutherford – Long Jumper** | **Kelly Holmes – middle distance runner** | **Paula Radcliffe – long distance runner** |
| Main type of fibre used |  |  |  |
| Speed of contraction |  |  |  |
| Amount of force |  |  |  |
| How quick to fatigue |  |  |  |
| Aerobic capacity |  |  |  |
| Power produced |  |  |  |
| Good for which events |  |  |  |

Kelly Holmes won the 2004 Olympic 800m and 1500m gold. Talk me through when each fibre would be activated and used within her 800m race.

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