

## muscle physiology lecture 2

every 1 has a body

- same parts but diff. performance

- parts work together to allow movement

- how to improve performance

- comes down to cell metabolism

diseases

- physiological inquiry - how to prevent getting ill

- how to cure illnesses

- activating tissues

- find that body has capacity to heal itself

human performance

- relatively new area of study

- exercises / diet / drugs to improve performance

exercise physiology gives context

- applicable bc its in you, your body - helps to remember

- can tie concepts back to your ownself / humans

- exercise physiologists answer questions pertaining to your body

gym science

- goals

- physical appearance, performance, health, therapy

- distinguish btwn real science and "gym bro" science

- in order to know how to accomplish goals, need to know physiology

- ask more specific questions to make goals more attainable

- use fundamental principles to provide structure to your goals

organ systems - a way of organizing/classifying body & its parts

- musculoskeletal

- cardiovascular

- pulmonary

- metabolic

- neuroendocrine

- inflammatory / immune