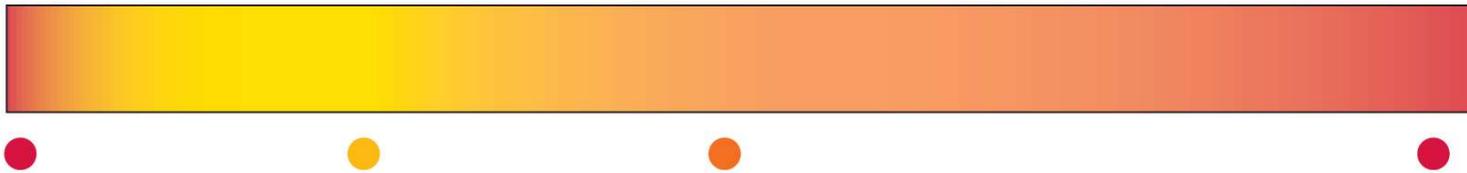


Muscle Energy and Metabolism

How is ATP created for a contracting muscle fiber?



Muscle “Energy” Metabolism

- Muscle contractions and muscle relaxation both require mechanisms that use ATP
- ATP is not stored /// ATP is being constantly made and consumed by the cell - so there is always a small amount of ATP in the cytosol
- *Ability to make small amount of ATP via glycolysis depends on availability of organic energy sources (e.g. glucose)*
- *Ability to make large amounts of ATP depends on organic energy sources (e.g. glucose and/or fatty acids) plus the presence of oxygen*
 - **Glycolysis vs Kreb's Cycle-Electron Transport System**
(note: Kreb's Cycle also called the citric acid cycle)
 - Glycolysis enzymes are in cytosol // anaerobic
 - KC-ETS enzymes are inside mitochondria // aerobic

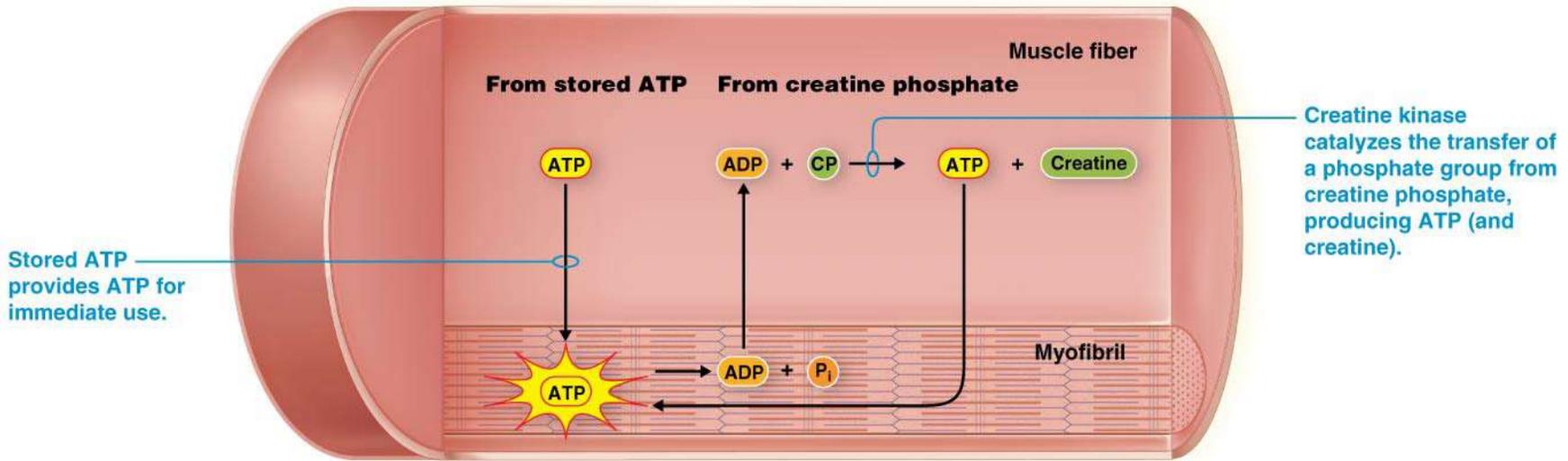
Muscle Metabolism

- Two main pathways of ATP synthesis
 - First metabolic pathway = anaerobic fermentation (glycolysis)
 - enables cells to produce ATP in the absence of oxygen / takes place in cytoplasm
 - yields little ATP // but immediately available
 - by product is toxic lactic acid /// believed to be factor in muscle fatigue

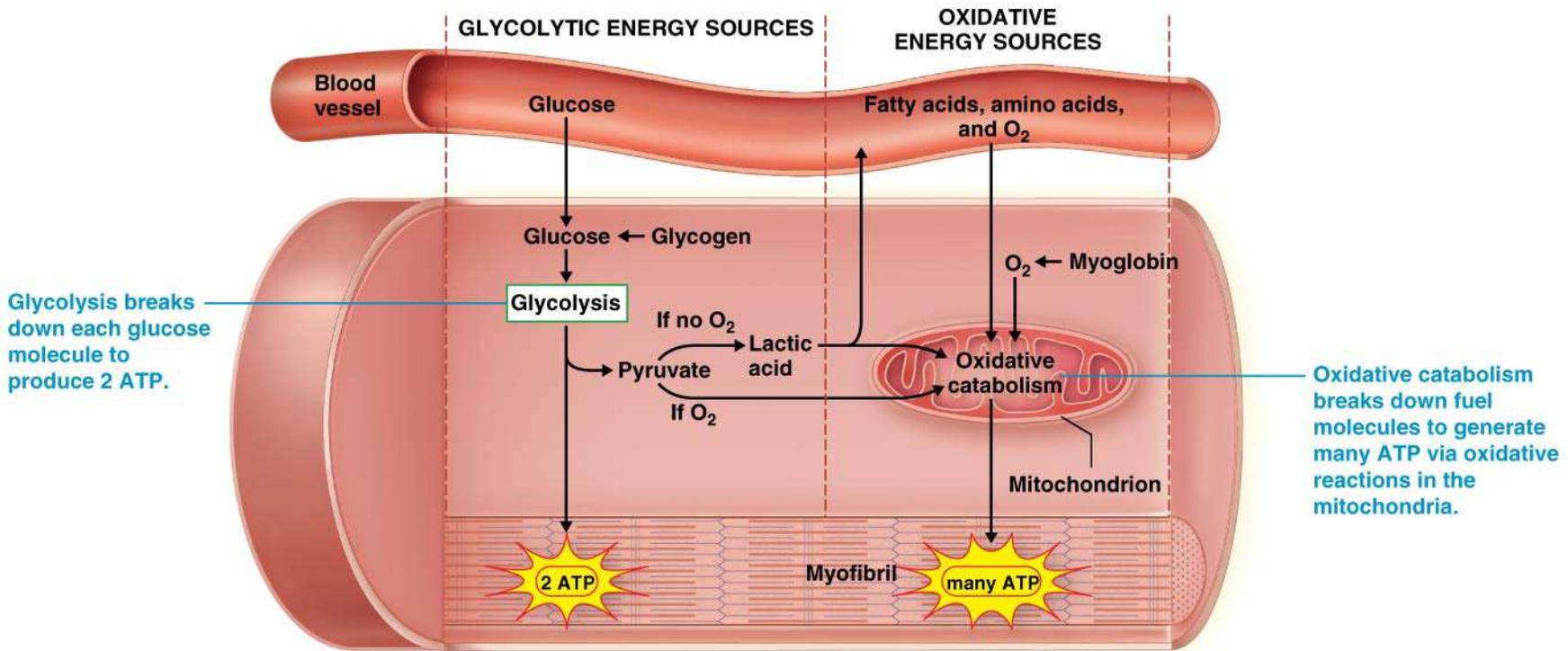
Muscle Metabolism

- Second metabolic pathway: aerobic respiration (Krebs Cycle also called Citrus Acid Cycle with ETS)
 - Requires oxygen
 - produces much more ATP // glycolysis = 2 vs Kreb's Cycle = 36 to 38
 - less toxic end products CO₂
 - also produces metabolic water
 - reduces FAD and NAD / these reduced co-enzymes are then oxidized via electron transport system /// reduced co-enzymes transfer protons and electrons to ETS which produces most of the ATP using ATP Synthetase /// two ADP are directly phosphorlated within mitochondria during each "Krebs Cycle"
 - Requires a continual supply of oxygen and glucose
 - Takes place in the mitochondria

Sources of energy for muscle fibers.

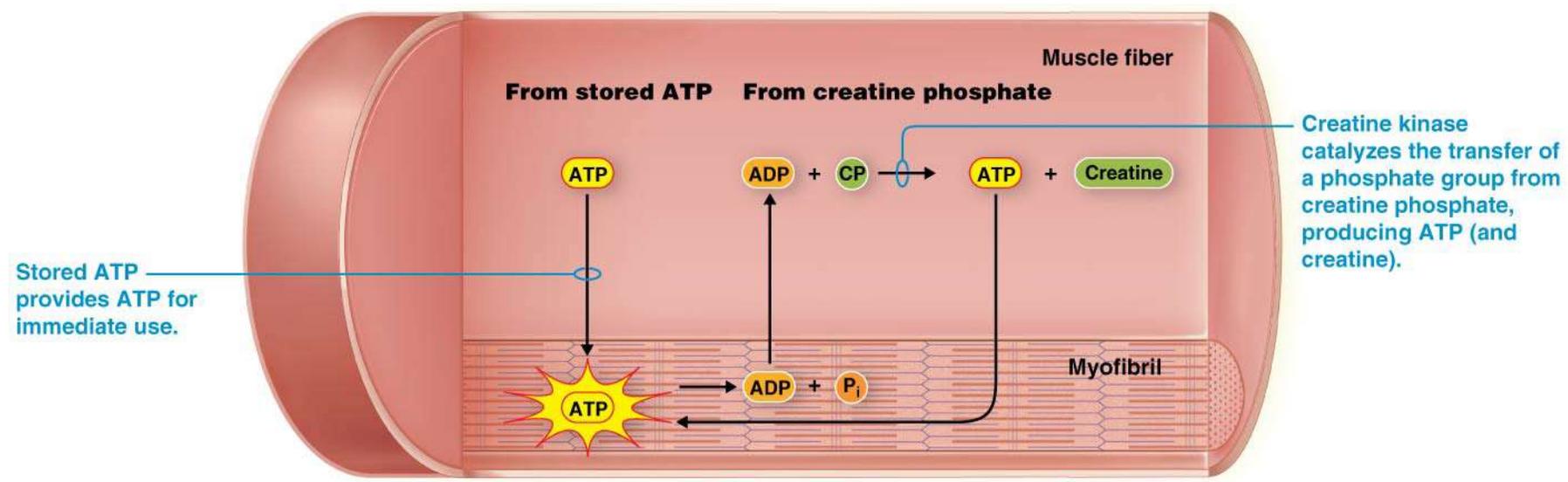


(a) Immediate energy sources



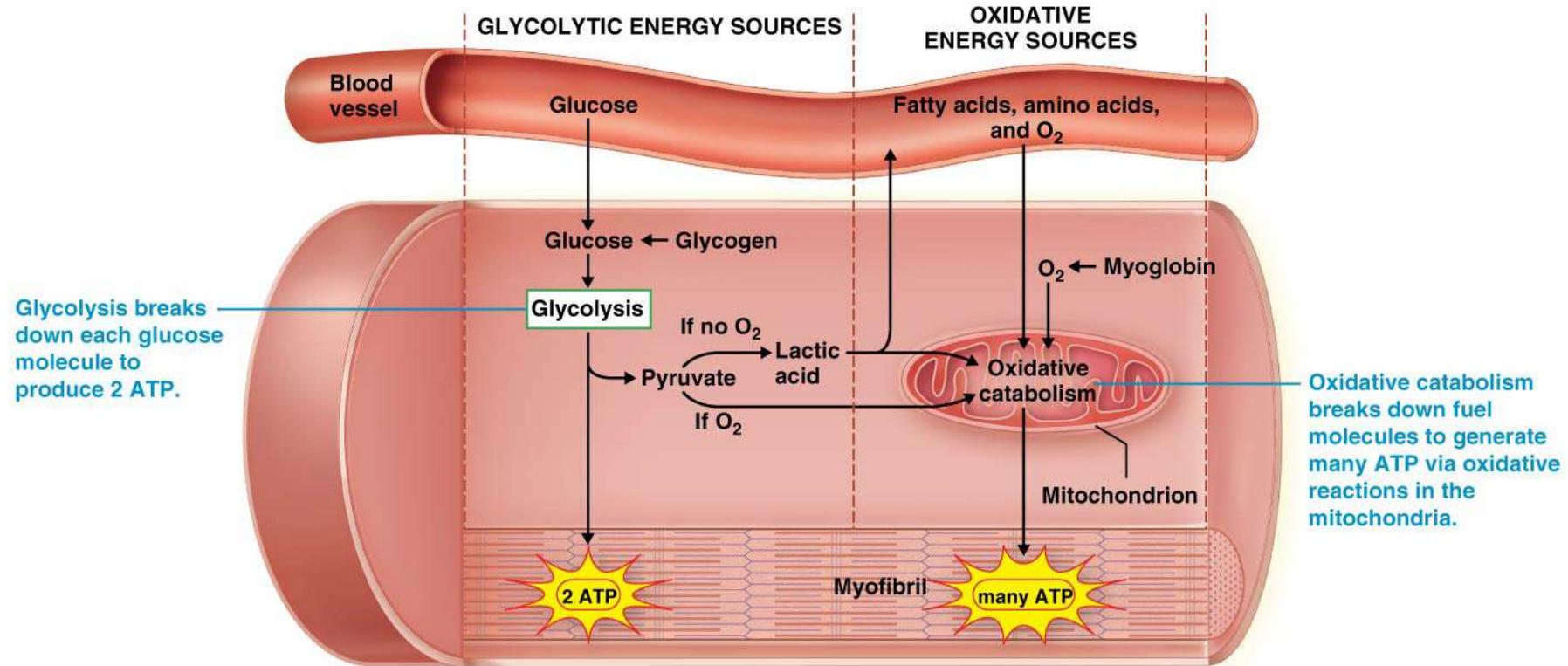
(b) Glycolytic and oxidative energy sources

Figure 10.19a Sources of energy for muscle fibers.



(a) Immediate energy sources

Figure 10.19b Sources of energy for muscle fibers.



(b) Glycolytic and oxidative energy sources

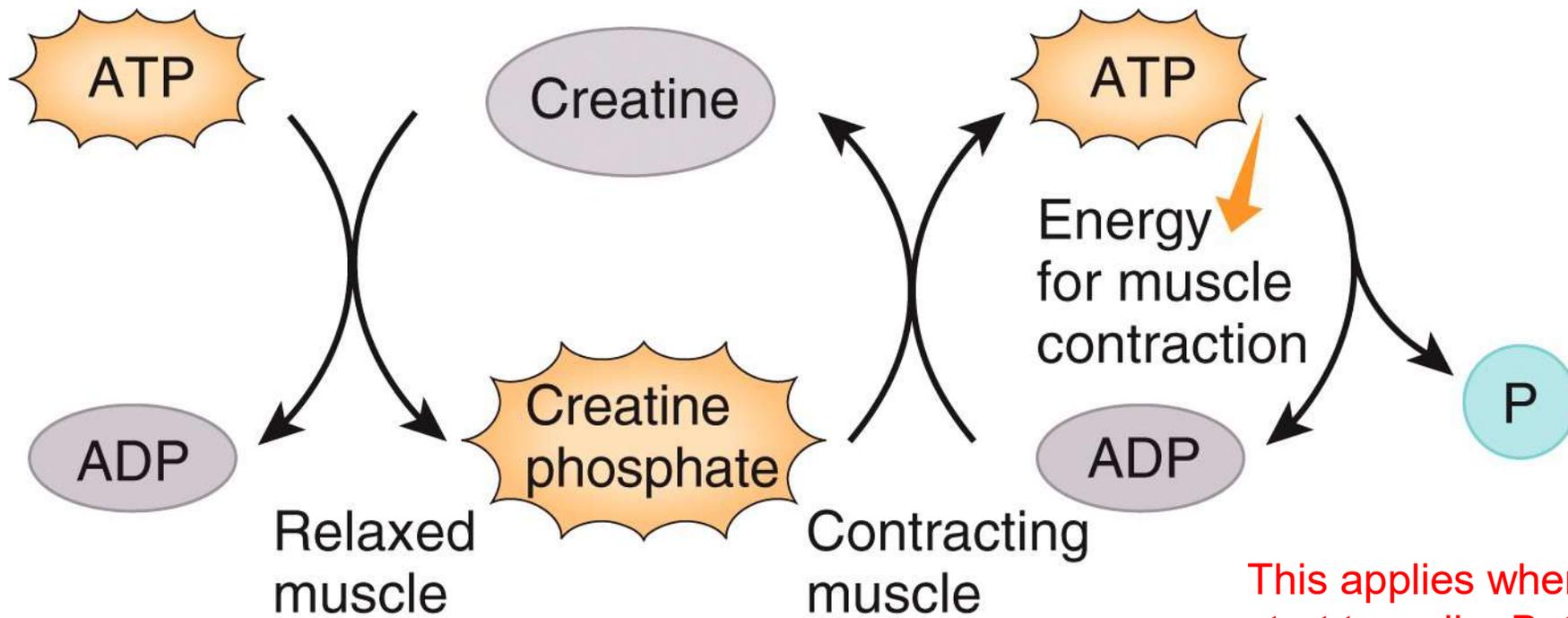


Er-SimplyCreativePhotography/Getty Images, Inc.

Key Idea: The level of activity (how fast the muscle fiber uses glucose and oxygen) determines the physiologic state of the muscle fibers. To support a high level of muscle contractions you need to increase the blood supply (delivery of glucose and oxygen) to the muscle fiber.

As you move from a resting state to an exercise state, there must occur a “ramping-up process” so the cardiovascular and respiratory systems may increase their function to meet the demands of the now more active muscle organ. This will take several seconds with a variable dependent upon the level of muscle activity

Therefore, the muscle fiber must have a mechanism to “bridge” the metabolic requirements during this period. This dynamic event plays out differently if you are walking or running.

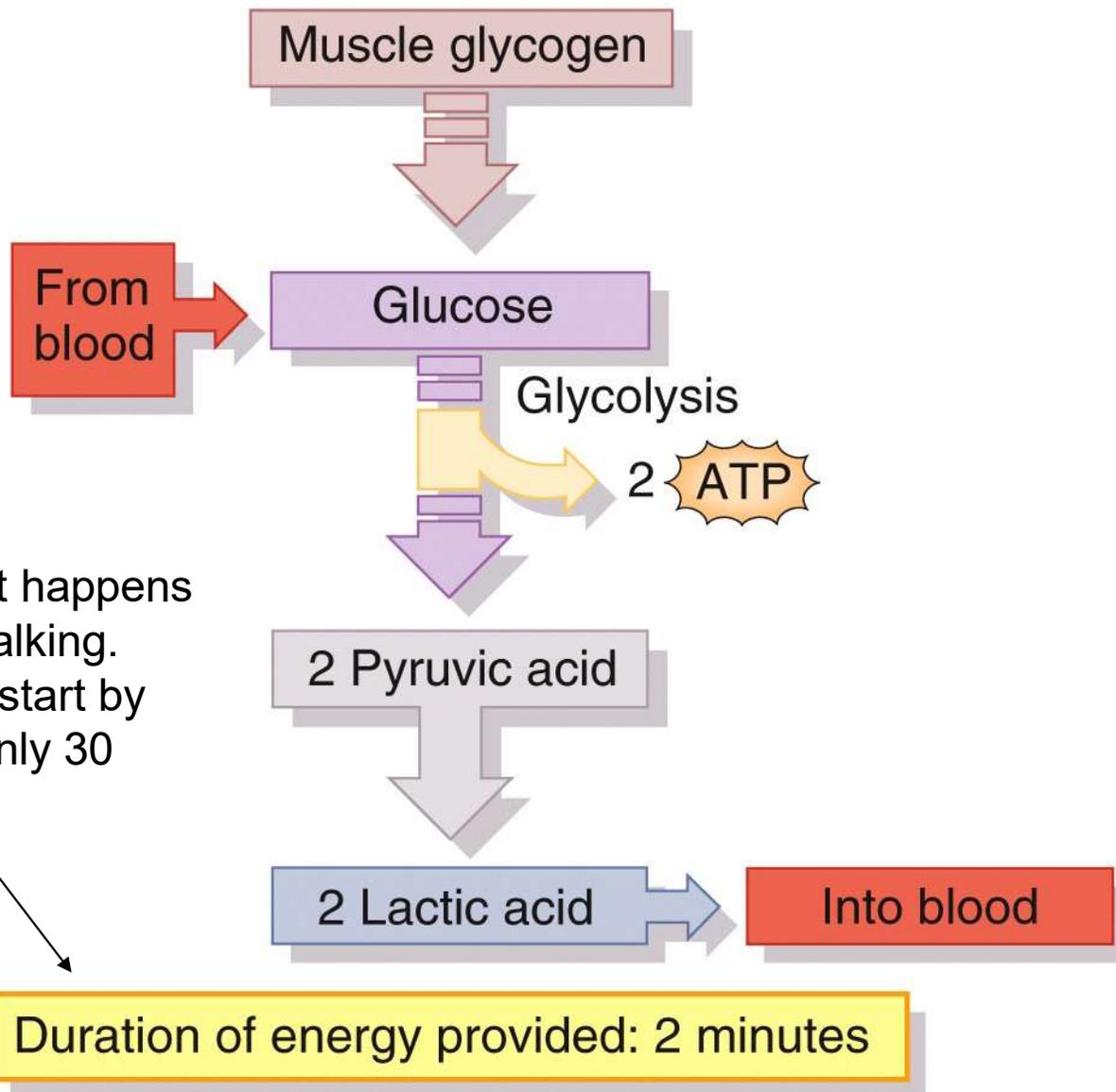


Duration of energy provided: 15 seconds

This applies when you start to walk. But if you start by "running" then ATP may last only 2 to 3 seconds

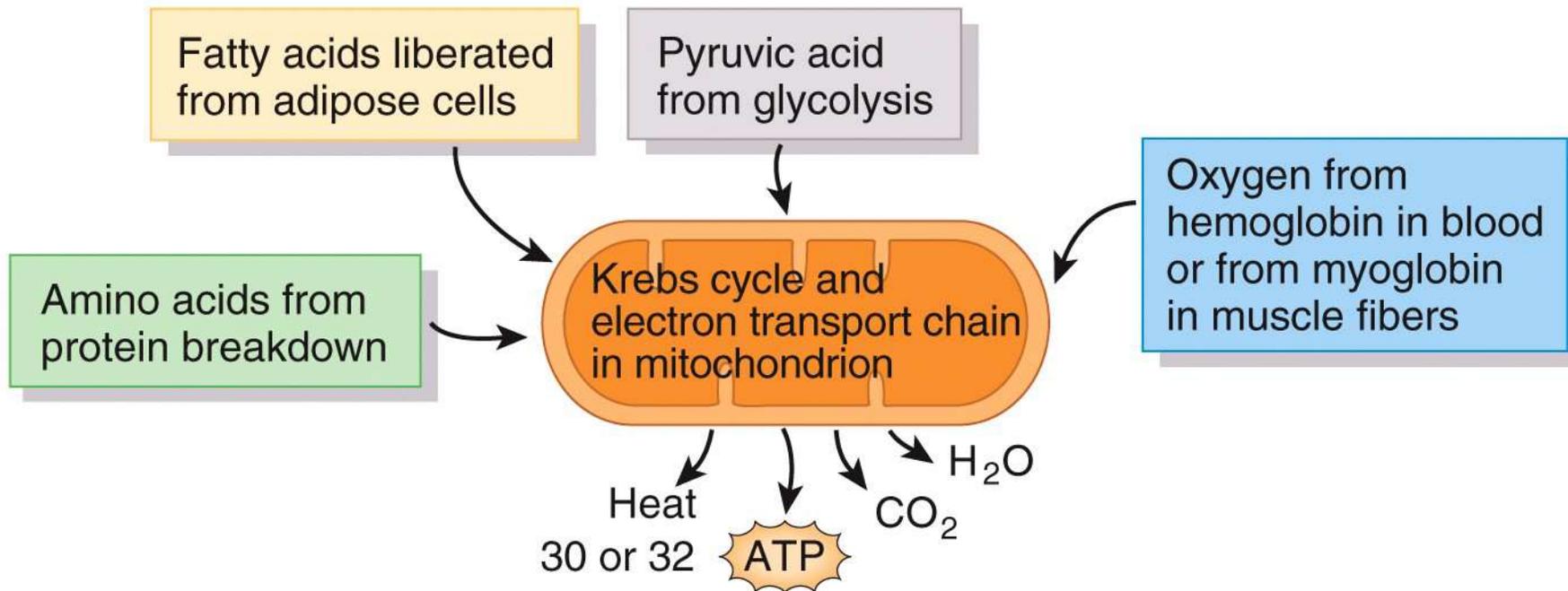
(a) ATP from creatine phosphate

Note: myoglobin is stored inside muscle fiber // releases oxygen so mitochondria can use this small amount of oxygen to produce limited amount of ATP. This is only enough to support Krebs Cycle for one to two seconds. Now the creatine phosphate and phosphogen systems may supplement ATP production after myoglobin depleted of oxygen .



This shows what happens when you are walking. However, if you start by “running” then only 30 seconds +/-

(b) ATP from anaerobic glycolysis

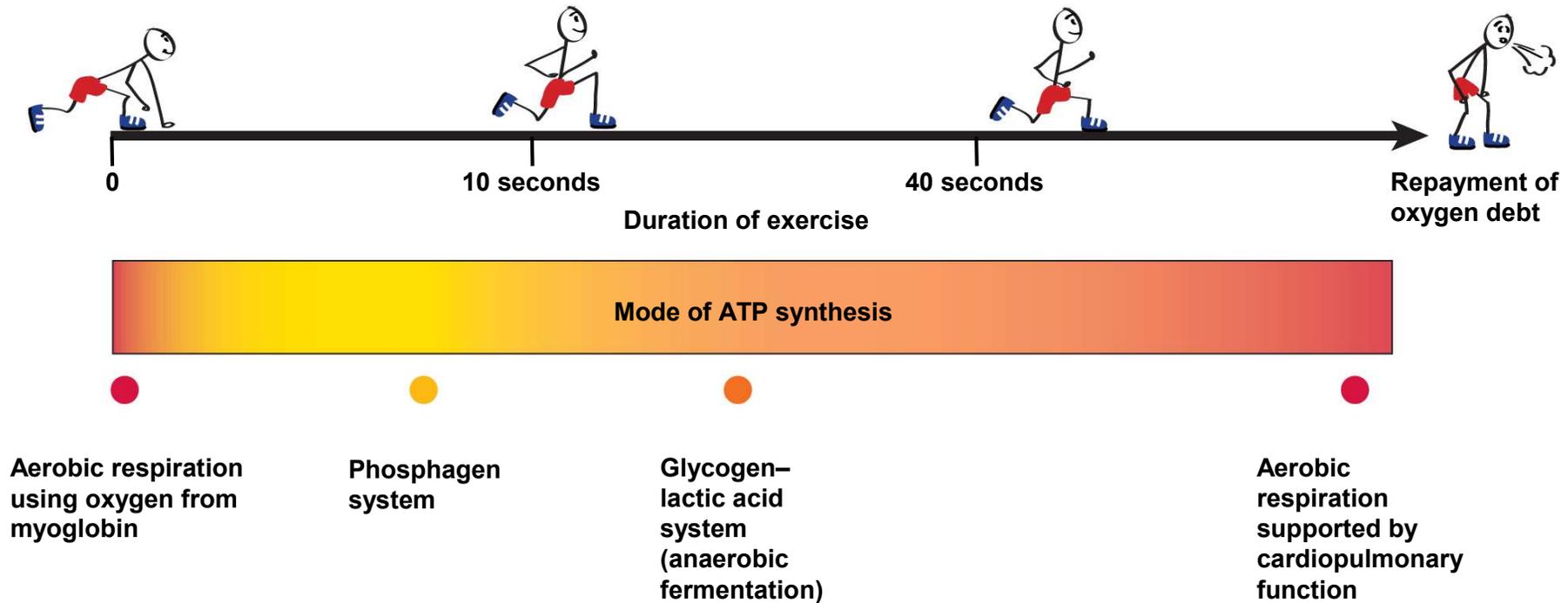


Duration of energy provided: Several minutes to hours

(c) ATP from aerobic respiration

Note: How is skeletal muscle ATP managed if you want to run a long race? The next slides will outline the steps.

Modes of ATP Synthesis During Extreme Exercise



At rest we oxidize fatty acids to supply energy for our skeletal muscles (note: our brains continue to oxidize glucose / brain cells and RBCs only ferment glucose)

As level of activity increases, skeletal muscles will shift from fat to glucose as an energy source.

Only after glucose reserves are exhausted will we shift back to fat metabolism

Immediate Energy Needs

- During short, intense exercise like 100 m dash
- Skeletal muscles start to contract before blood supply to muscle organ increases to meet metabolic needs (e.g. blood brings oxygen, glucose, and removes waste products)
- Skeletal muscles contain only limited amount of myoglobin / stores small amount of oxygen inside muscle fibers
 - Maybe used to accommodate some aerobic respiration – 1 second
 - Myoglobin's oxygen rapidly depleted

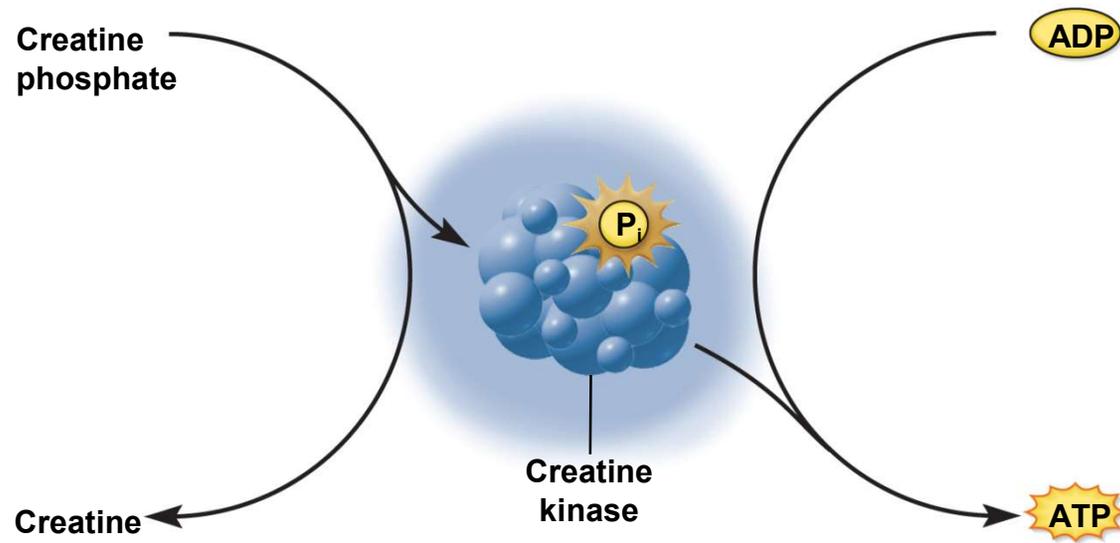
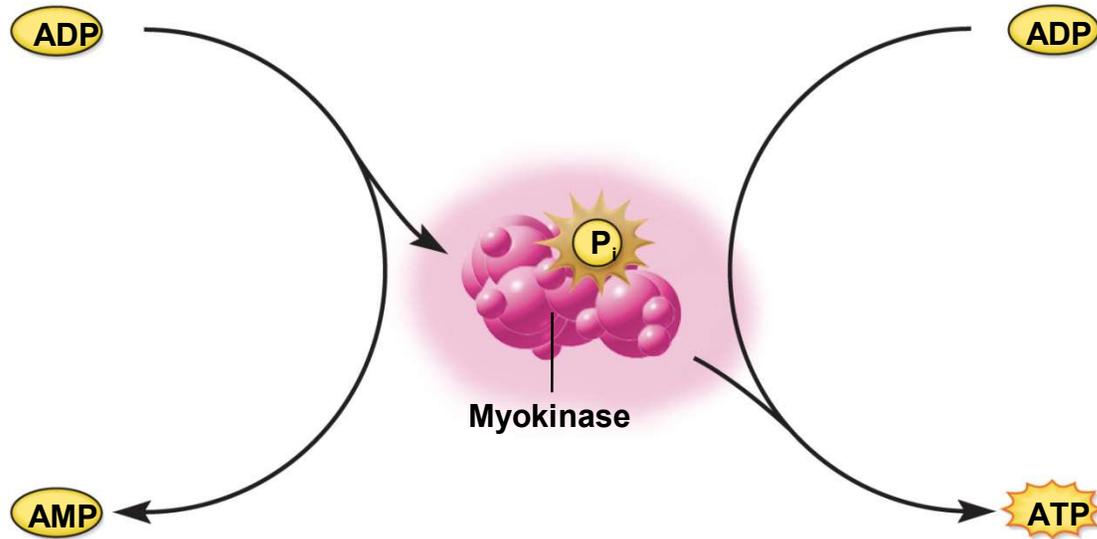
Immediate Energy Needs

- After myoglobin gone / muscles meets ATP demand by borrowing phosphate groups (P_i) from other molecules and transferring the P_i to ADP (makes ATP!) = **Phosphagen System**
 - two enzyme systems control these phosphate transfers
 - myokinase – transfers P_i from one ADP to another converting the latter to ATP
 - creatine kinase – obtains P_i from a phosphate-storage molecule creatine phosphate (CP)
 - fast-acting system that helps maintain the ATP level while other ATP-generating mechanisms are being activated

Immediate Energy Needs

- **Phosphagen system**
 - provides nearly all energy used for short bursts of intense activity
 - one minute of brisk walking
 - 6 seconds of sprinting or fast swimming
 - important in activities requiring brief but maximum effort // football, baseball, and **weight lifting**

Immediate Energy Needs



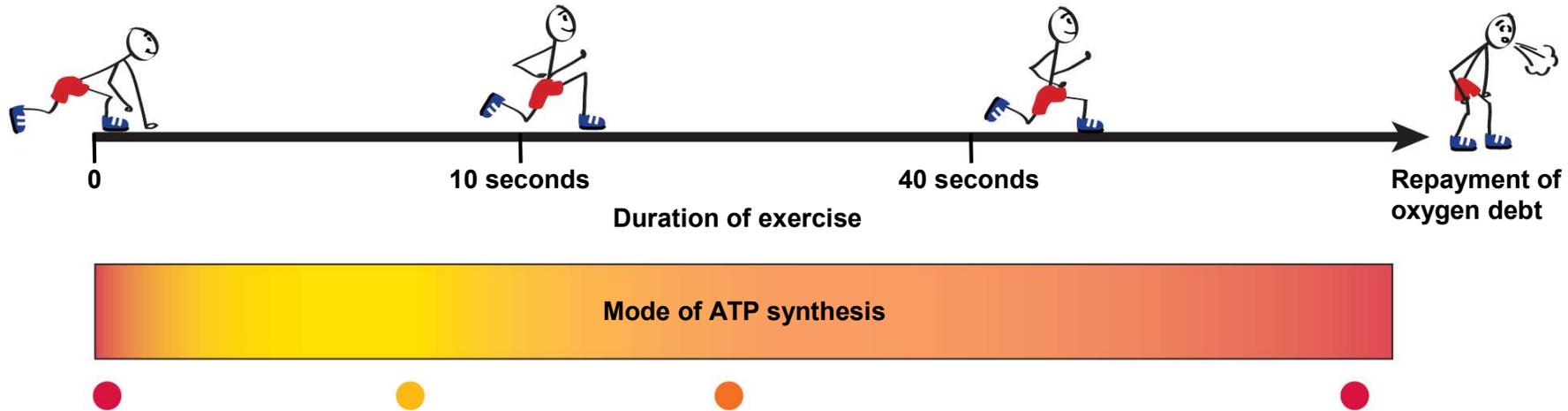
Short-Term Energy Needs

- as the phosphagen system is exhausted
- muscles shift to **anaerobic fermentation**
 - muscles obtain glucose from blood or muscle fiber's stored glycogen deposits
 - in the **absence of oxygen**
 - glycolysis can generate a net gain of 2 ATP for every glucose molecule consumed
 - converts glucose to lactic acid / L.A. leaves cell and transported to liver

Short-Term Energy Needs

- **glycogen-lactic acid system** // the pathway from glycogen to lactic acid
- produces enough ATP for **30 – 40 seconds** of maximum activity

Long-Term Energy Needs

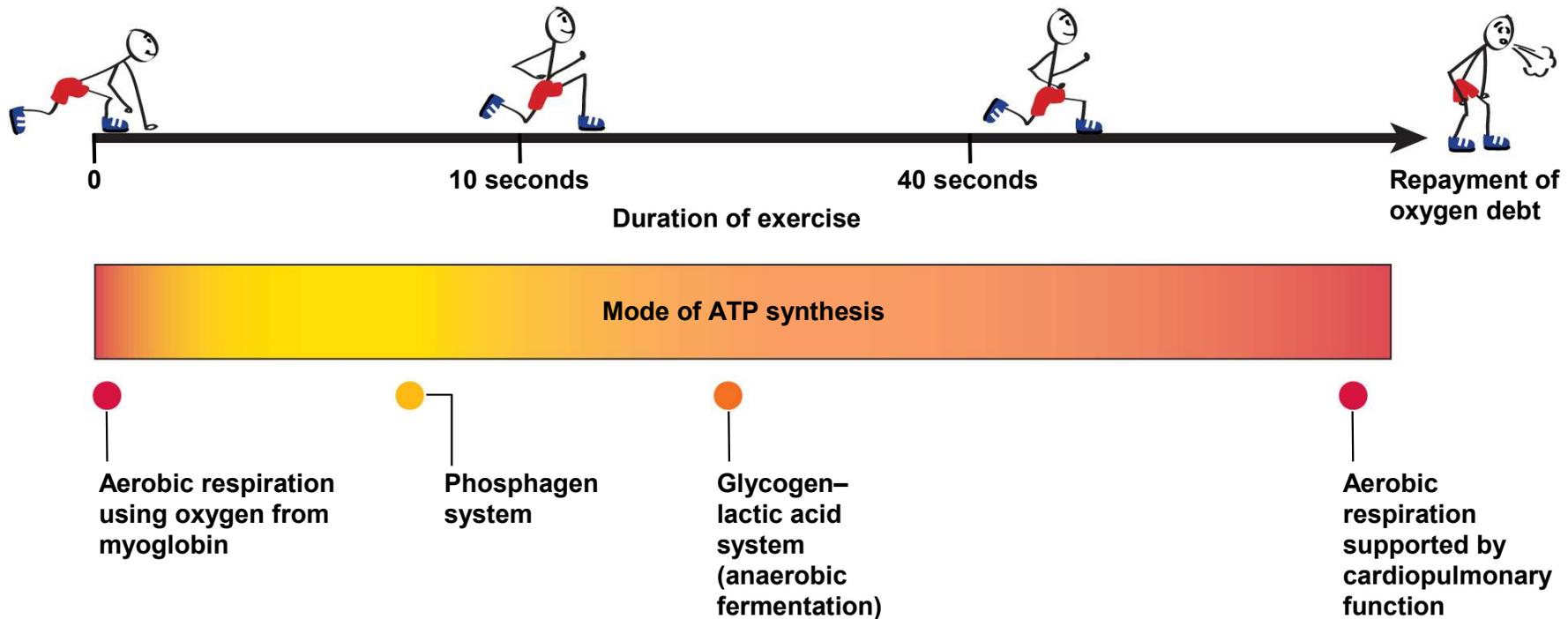


- After 40 seconds or so
 - respiratory and cardiovascular systems “catches up” to demands of skeletal muscles
 - now cardiorespiratory system able to deliver enough oxygen to meet the muscle’s oxygen requirement for aerobic respiration /// mitochondria able to make enough ATP to sustain muscle contractions.

Long-Term Energy Needs

- aerobic respiration produces **36-38 ATP per glucose**
 - efficient means of meeting the ATP demands of prolonged exercise
 - one's rate of **oxygen consumption rises for 3 to 4 minutes** and levels off to a steady state in which aerobic ATP production keeps pace with demand
 - little lactic acid accumulates under steady state conditions
 - *depletion of glycogen and blood glucose, together with the loss of fluid and electrolytes through sweating, set limits on endurance and performance even when lactic acid does not*

Modes of ATP Synthesis During Exercise



What is Oxygen Debt?

- Why does heavy breathing continues after strenuous exercise?
 - **excess post-exercise oxygen consumption (EPOC)** – the difference between the resting rate of oxygen consumption and the elevated rate following exercise.
 - typically about 11 liters extra is needed after strenuous exercise
 - repaying the **oxygen debt**

Oxygen Debt

- Oxygen need in excess of current muscle activity for the following reasons:
 - **replace oxygen reserves** depleted in the first minute of exercise
 - oxygen bound to **myoglobin** and blood hemoglobin
 - oxygen dissolved in blood plasma and other extracellular fluid
 - oxygen in the air in the lungs
 - **replenishing the phosphagen system**
 - synthesizing ATP and using some of it to donate the phosphate groups back to creatine until resting levels of ATP and CP are restored

Oxygen Debt

- Oxygen need in excess of current muscle activity for the following reasons:
 - **lactic acid**
 - 80% of lactic acid produced by muscles enter bloodstream
 - much of this lactic acid ends up in liver
 - converted back to pyruvic acid in the kidneys, cardiac muscle, and especially the liver
 - liver converts most of the pyruvic acid back to glucose to replenish the glycogen stored in the skeletal muscles or liver.
 - This requires ATP and explains continued demand for oxygen even after strenuous exercise stops!
 - **servicing the elevated metabolic rate**
 - occurs while the body temperature remains elevated by exercise and consumes more oxygen

Endurance

- endurance – the ability to maintain high-intensity exercise for more than 4 to 5 minutes
 - determined in large part by one's maximum oxygen uptake (VO_2max)
 - maximum oxygen uptake – the point at which the rate of oxygen consumption reaches a plateau and does not increase further with an added workload
 - proportional to body size
 - peaks at around age 20
 - usually greater in males than females
 - can be twice as great in trained endurance athletes as in untrained person
 - results in twice the ATP production

Muscle Fatigue

- Characterized by progressive weakness and loss of contractility from prolonged use of the muscles
 - To experience muscle fatigue try this:
 - repeated squeezing of rubber ball
 - rapidly opening and closing your hand as if making a fist (one minute)
 - holding text book out level to the floor

Fatigue

- Causes of muscle fatigue
 - ATP synthesis declines as glycogen is consumed
 - ATP shortage slows down the Na^+ - K^+ pumps
 - compromises their ability to maintain the resting membrane potential and excitability of the muscle fibers
 - Lactic acid lowers pH of sarcoplasm
 - inhibits enzymes involved in contraction, ATP synthesis, and other aspects of muscle function

Fatigue

- Causes of muscle fatigue (cont)
 - release of K^+ with each action potential causes the accumulation of extracellular K^+ /// hyperpolarizes the cell and makes the muscle fiber less excitable
 - motor nerve fibers use up their Ach /// less capable of stimulating muscle fibers – junctional fatigue
 - central nervous system, where all motor commands originate, fatigues by unknown processes, so there is less signal output to the skeletal muscles

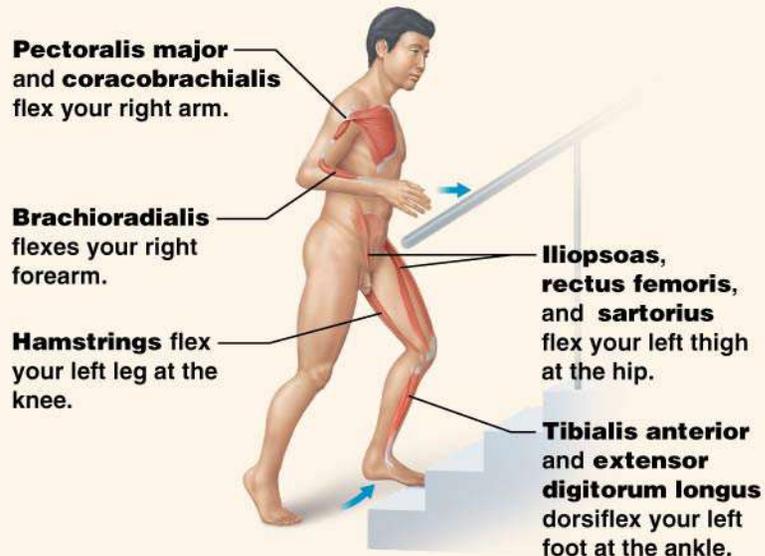
Beating Muscle Fatigue

- Taking **oral creatine** increases level of creatine phosphate in muscle tissue and increases speed of ATP regeneration
 - useful in burst type exercises – weight-lifting
 - risks are not well known
 - muscle cramping, electrolyte imbalances, dehydration, water retention, stroke
 - kidney disease from overloading kidney with metabolite creatinine

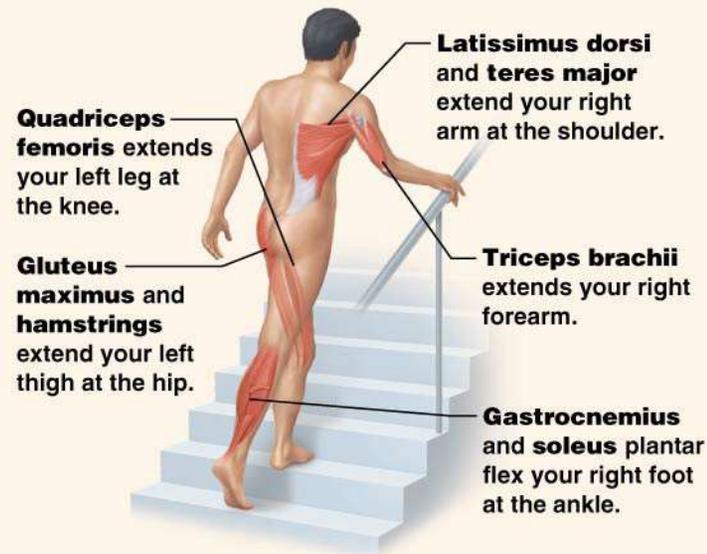
Beating Muscle Fatigue

- carbohydrate loading – a form of dietary regimen
 - Loads maximum amount of glycogen into muscle cells
 - extra glycogen is hydrophilic and adds 2.7 g water/ g glycogen
 - athletes feel sense of heaviness outweighs benefits of extra available glycogen

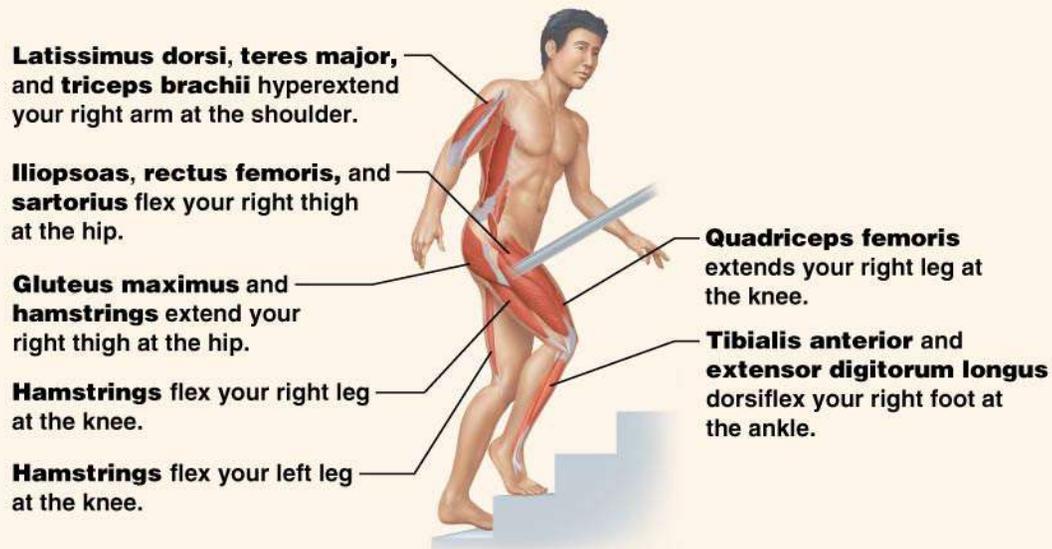
The Big Picture of Muscle Movement.



① Bring your left foot to the first step and flex your right arm to reach for the handrail.



② Stand upright on your left leg and extend your right arm and forearm on the handrail.



③ Bring your right leg to the next step and extend it. Take the weight off your left leg and hyperextend your right arm to swing it forward again, reaching for the handrail.