Myosin Light and Heavy Chain Isoforms: Endurance Training. Edition No. 1

Description: This study investigated the differences in the relative content of MyLC and MyHC slow and fast isoforms between fast-twitch and slow-twitch skeletal muscles. In particular, it examines the effect of endurance training, an increase in the training volume on the MyLC and MyHC relative content, turnover rate and regeneration after muscle grafting. Parallel changes of MyLC and MyHC isoforms in fast-twitch and slow-twitch skeletal muscles, and in fast-twitch muscles with different oxidative potential, occurring in response to endurance training may point to functional significance of each isoform in the process of adaptation of the contractile apparatus to muscular activity. Exhaustive exercise causes destruction in contractile machinery and decreases the turnover rate of contractile proteins. These results should help to answer questions related to the effect of endurance training volume on the character of skeletal muscle kinetics, related with differences in molecular motors in different types of muscles. This book is addressed to coaches, researchers in sports and exercise science, experts in sports medicine and students.


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