

Structural & Functional Characteristics of Skeletal Muscle Fibers

	slow oxidative fibers	fast oxidative fibers	fast glycolytic fibers
metabolic characteristics			
myosin ATPase activity	slow	fast	fast
primary pathway for ATP synthesis	aerobic	aerobic	anaerobic glycolysis
myoglobin content	high	high	low
glycogen stores	low	intermediate	high
rate of fatigue	slow	intermediate	fast
structural characteristics			
color	red	red to pink	white
fiber diameter	small	intermediate	large
mitochondria	many	many	few
capillaries	many	many	few
activities	endurance; marathon, posture	sprinting, walking	short-term intense or powerful; hitting