

Name _____

Pumping Iron: How Exercise Builds Muscle Strength and Size

Short Answer Key

1. Muscle fibers undergo microscopic damage during exercise.
2. Protein synthesis contributes to muscle growth by repairing and strengthening muscle fibers.
3. One type of muscle growth is myofibrillar hypertrophy, which involves an increase in the size and number of myofibrils within muscle fibers.
4. Hormones like testosterone and growth hormone play a role in muscle growth by stimulating protein synthesis.
5. Rest and recovery are important for muscle development because they allow muscles to repair and rebuild after exercise.

