

CWSF 2009 - Winnipeg, Manitoba



Change between a higher ratio of slow twitch to fast twitch muscle fibers

Division: Life Sciences / None

Category: Intermediate

Region:

City: ,

School:

Abstract: For my project, I was wondering if it is possible to convert a higher ratio of slow twitch muscles to a higher ratio of fast twitch muscles. I have come up with the results that the conversion is possible, but only modest. This conversion takes months or years and can only convert in type 2x to type 2a muscle fibres.