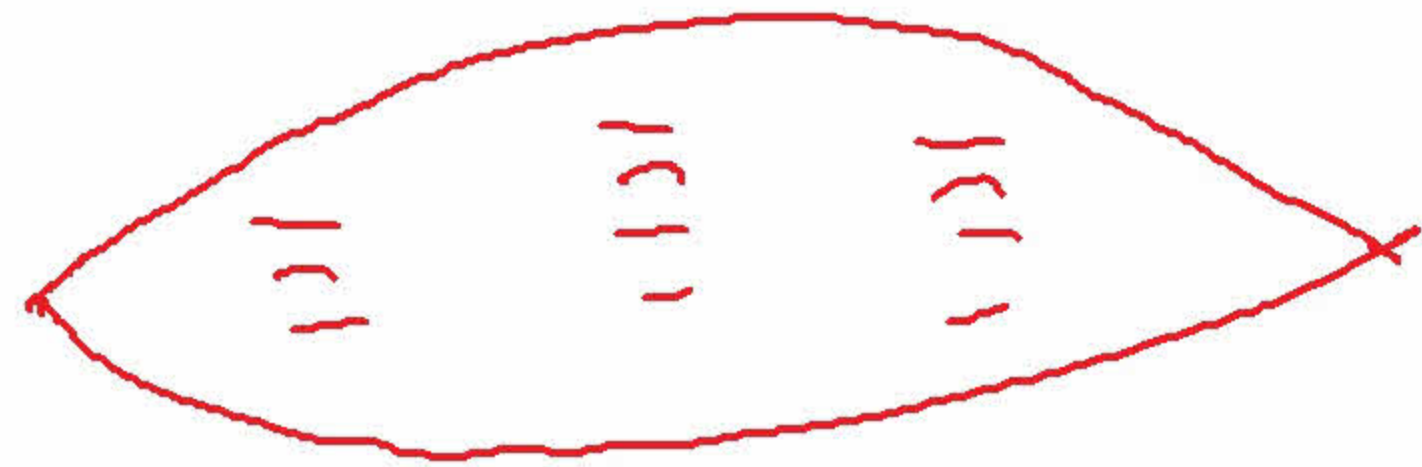
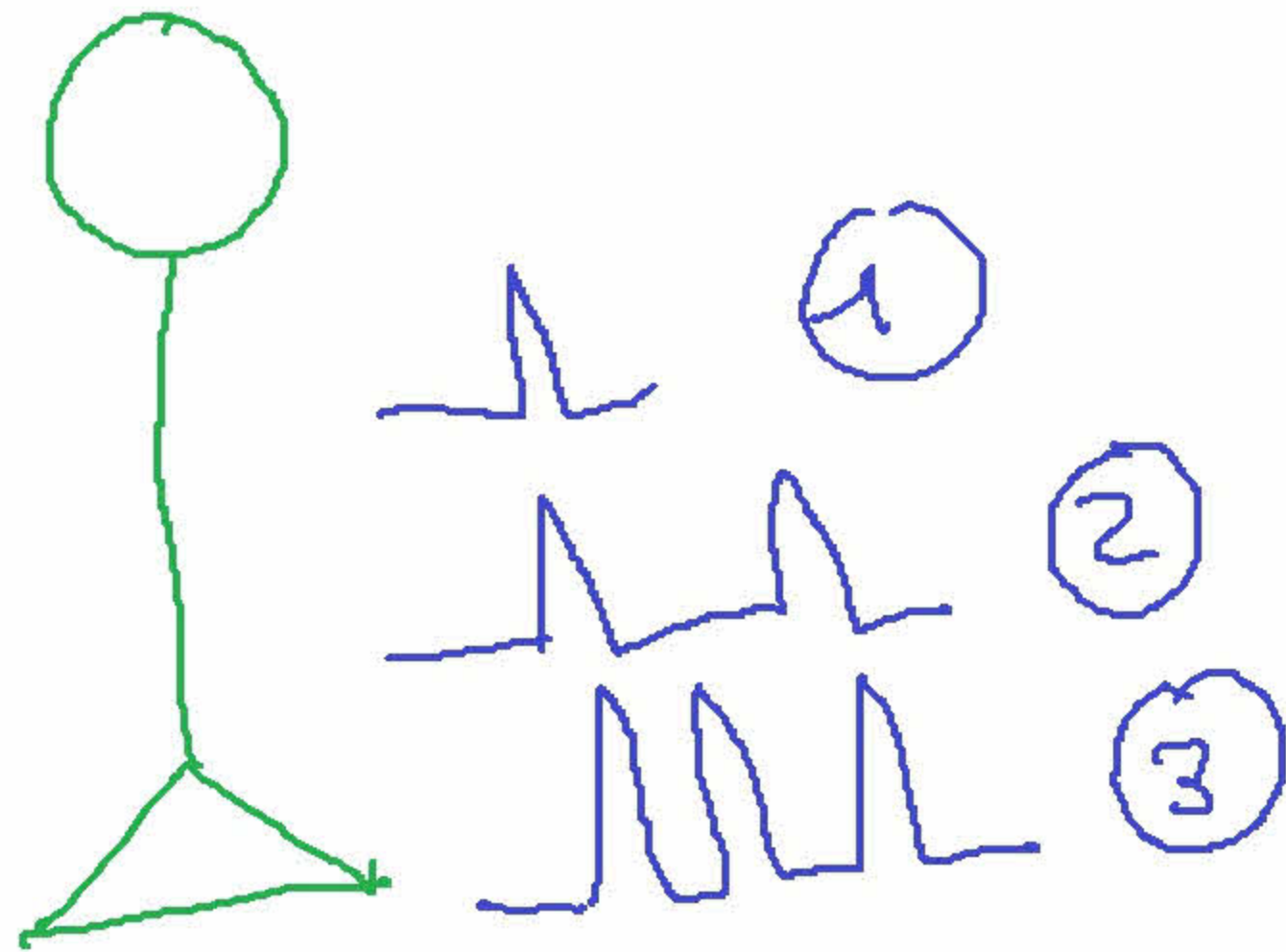


\pm : Conformation des contractions



F

Δ



①

SECousse
(twitch)

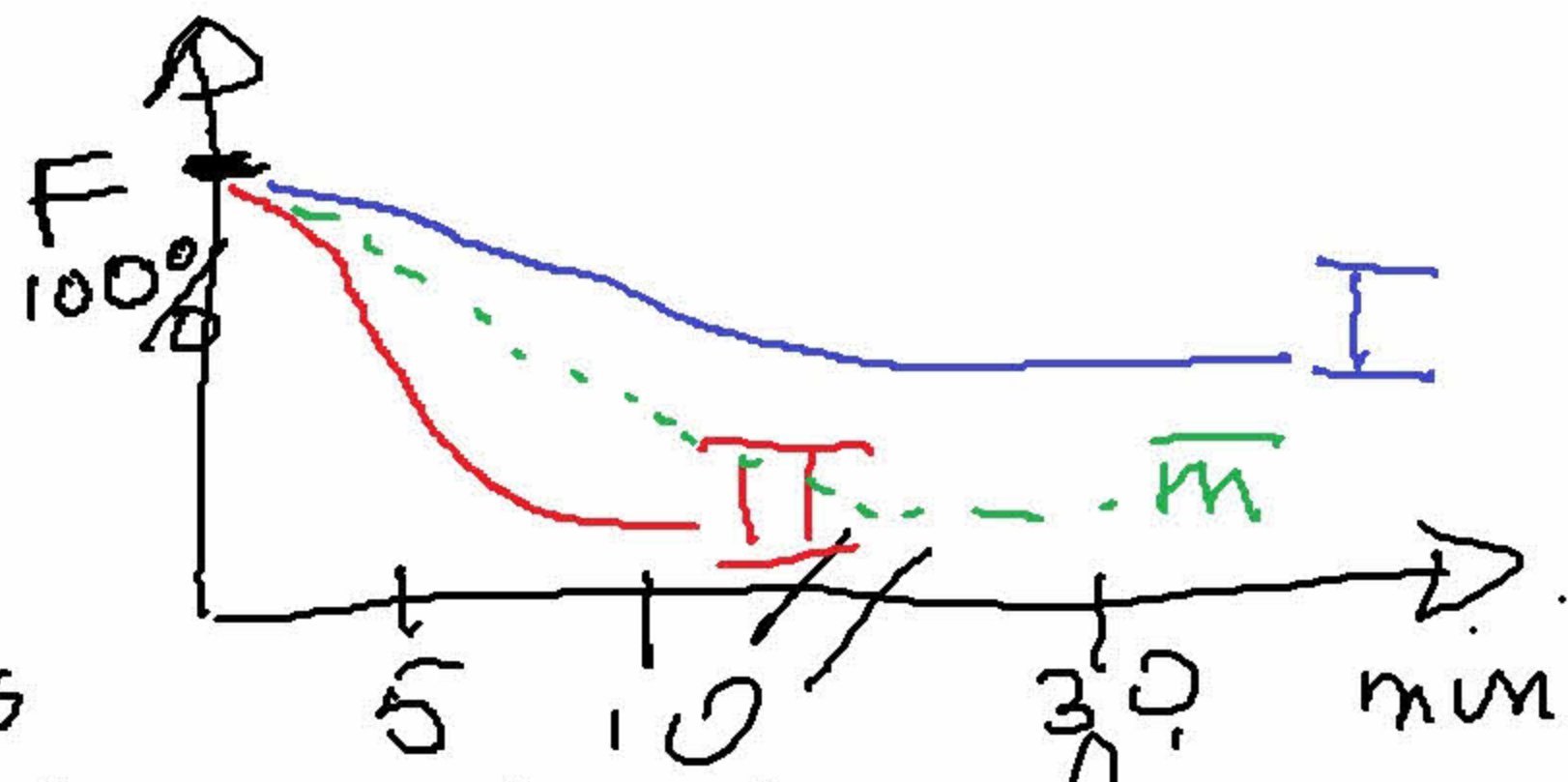
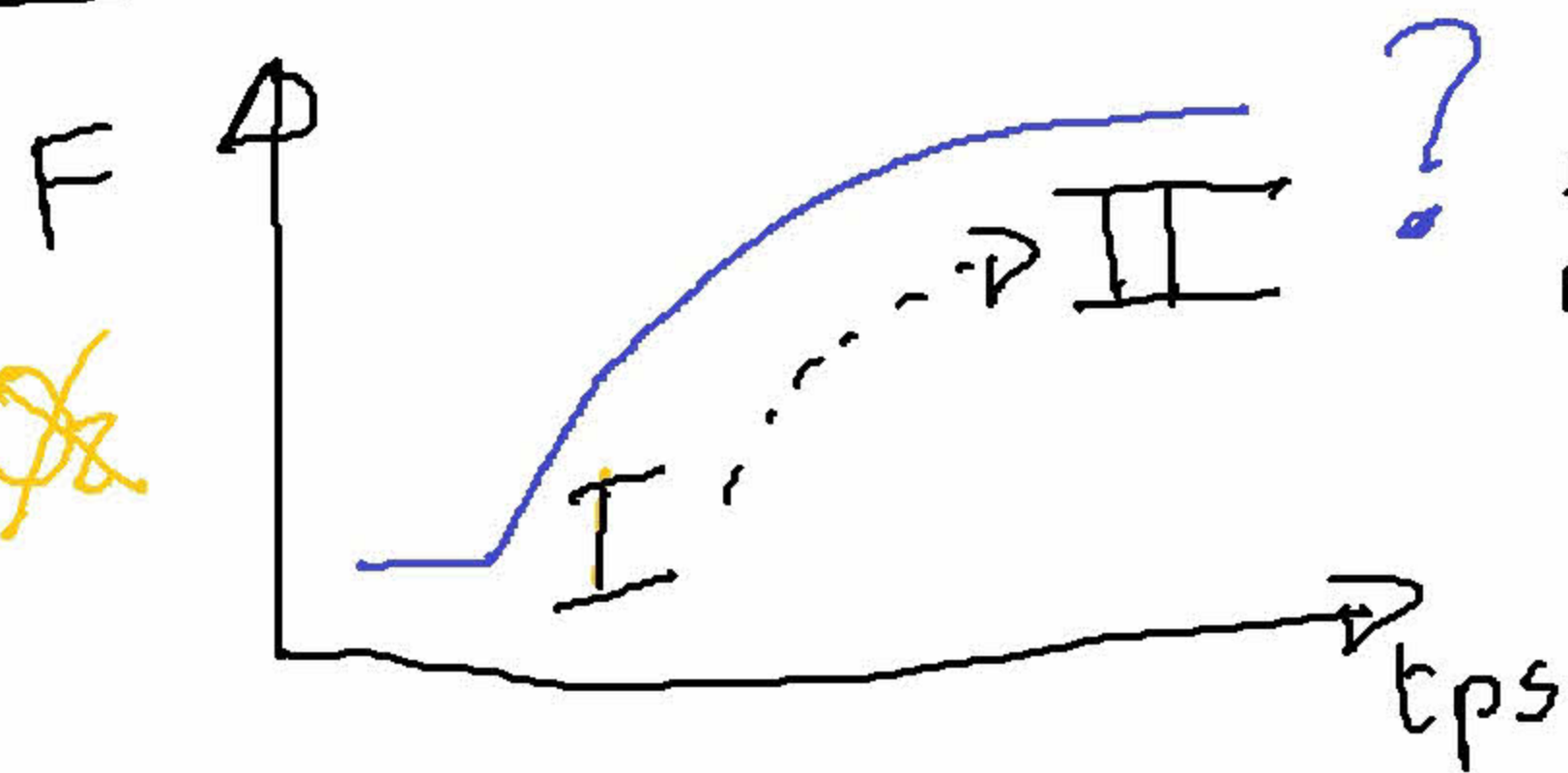
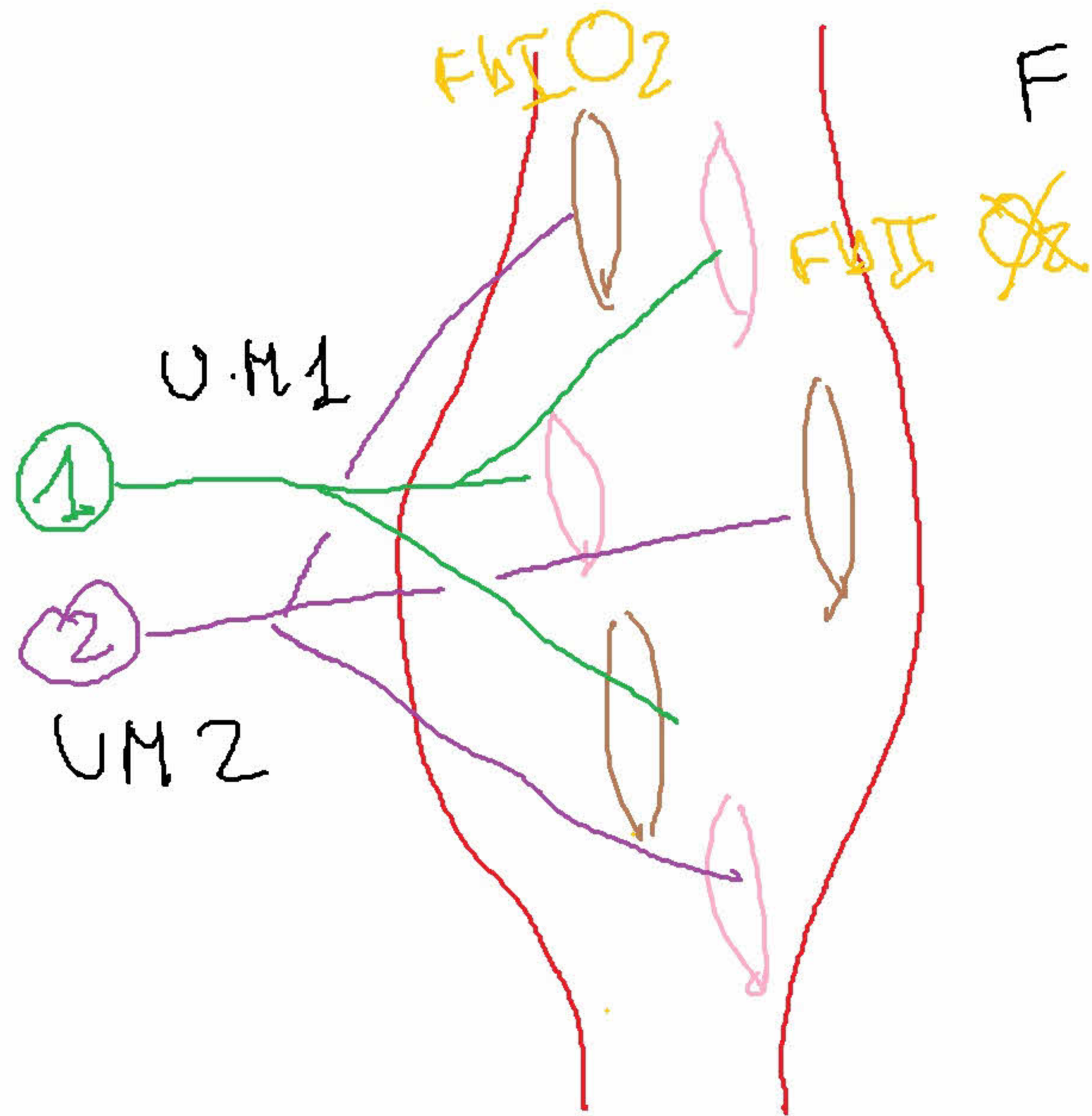
②

5-10/sec

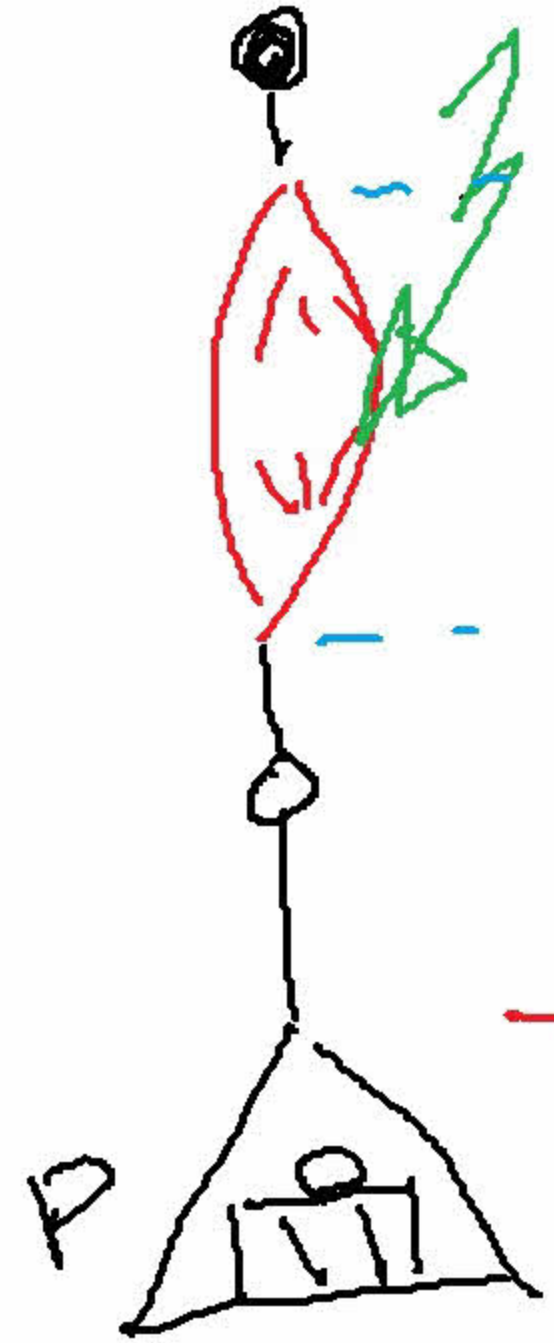
③

50/sec

II. Intensité de la contraction

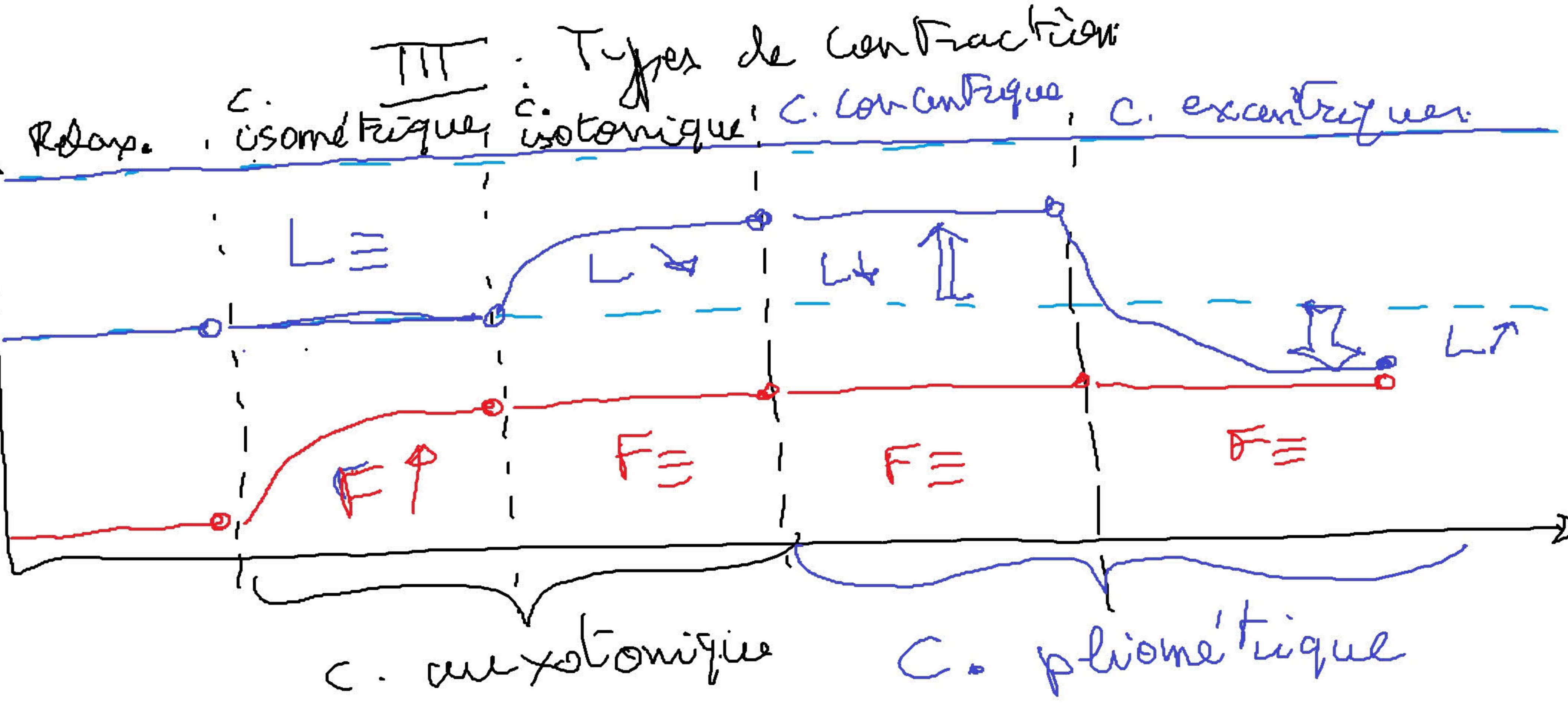


- o $F \uparrow \Leftrightarrow \uparrow$ nb U.M. stimulées
- o $F_b \uparrow$ U.M. partout dans le muscle
- o $F_b I \rightarrow F_b II$
~~O₂~~



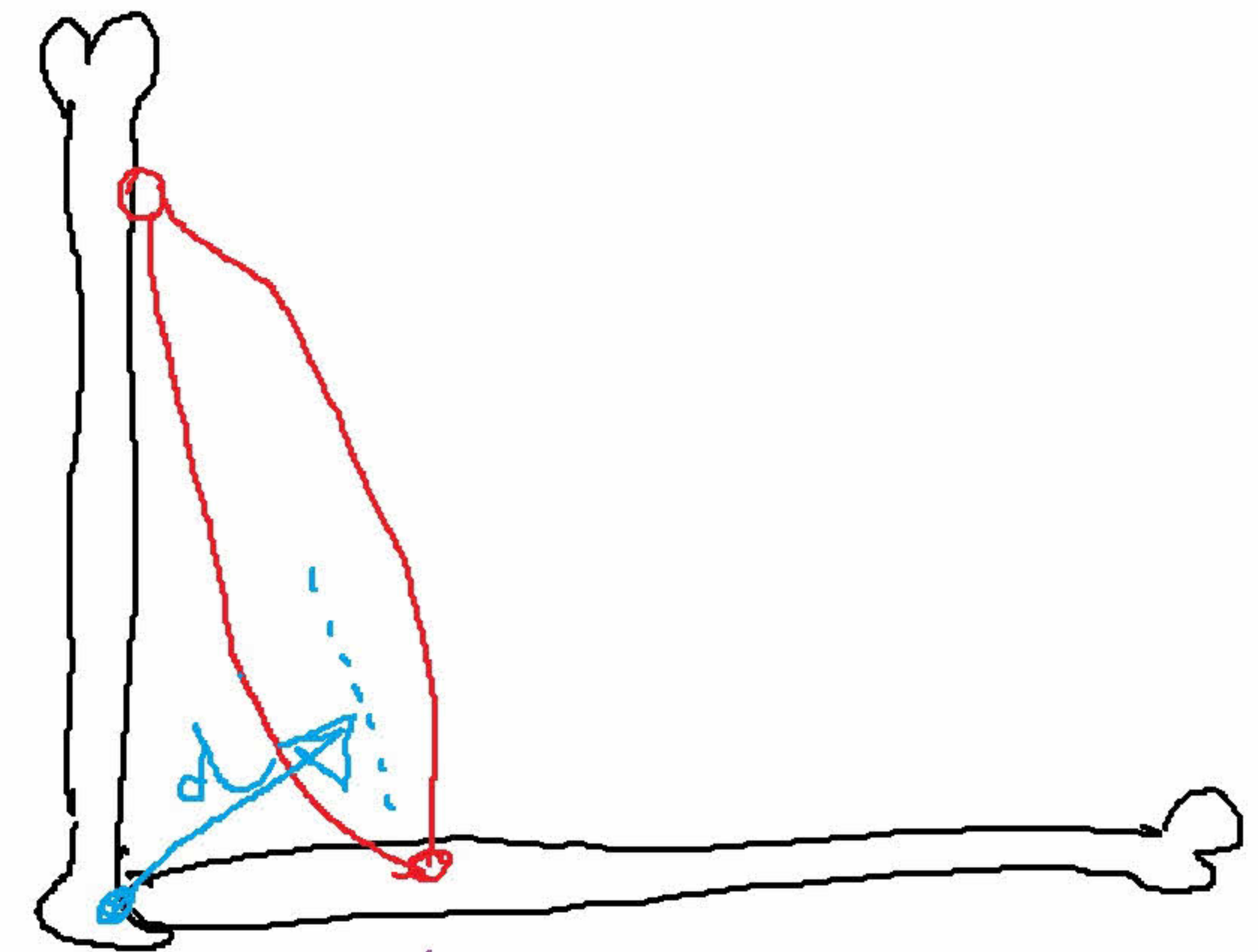
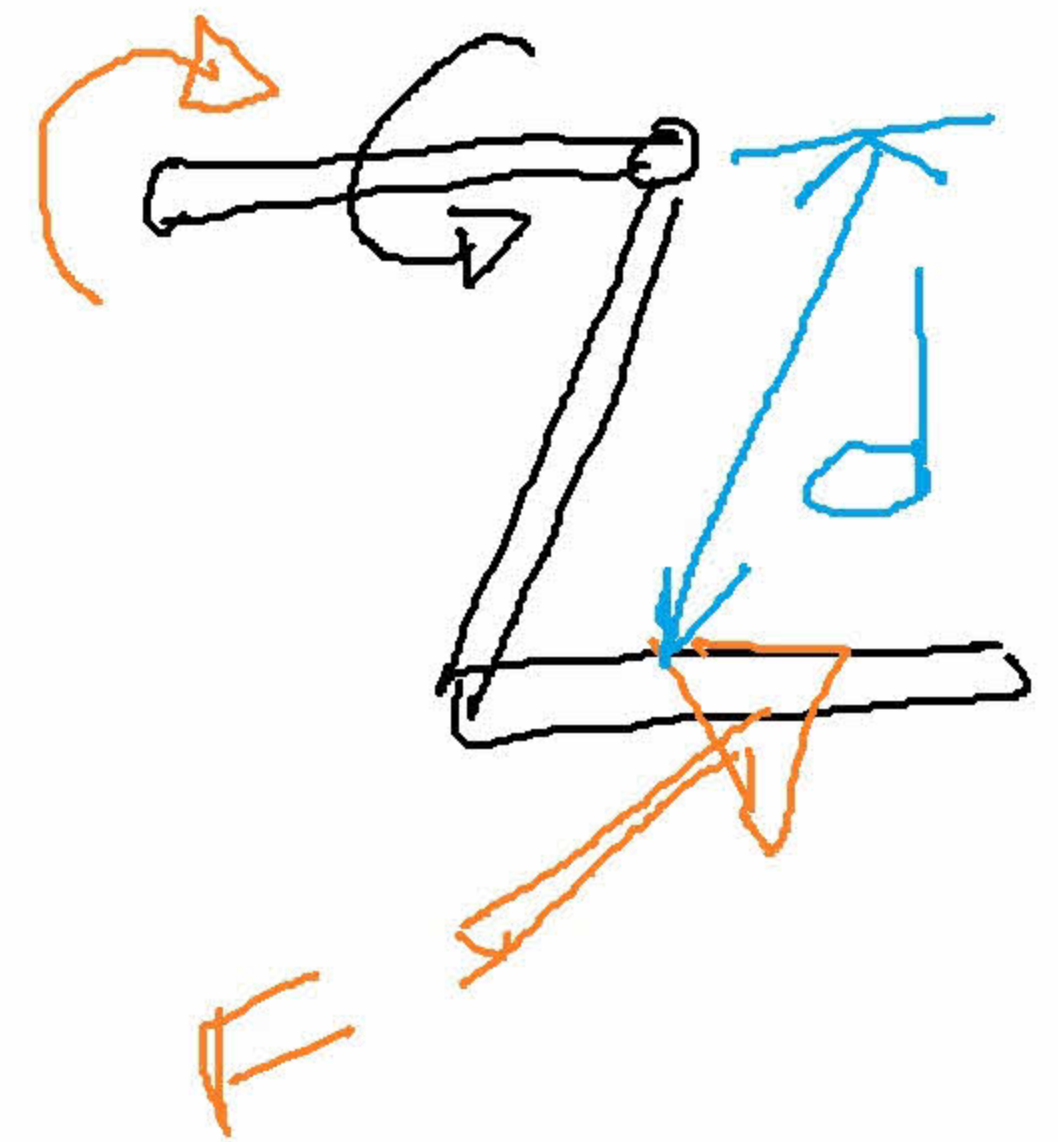
F

L

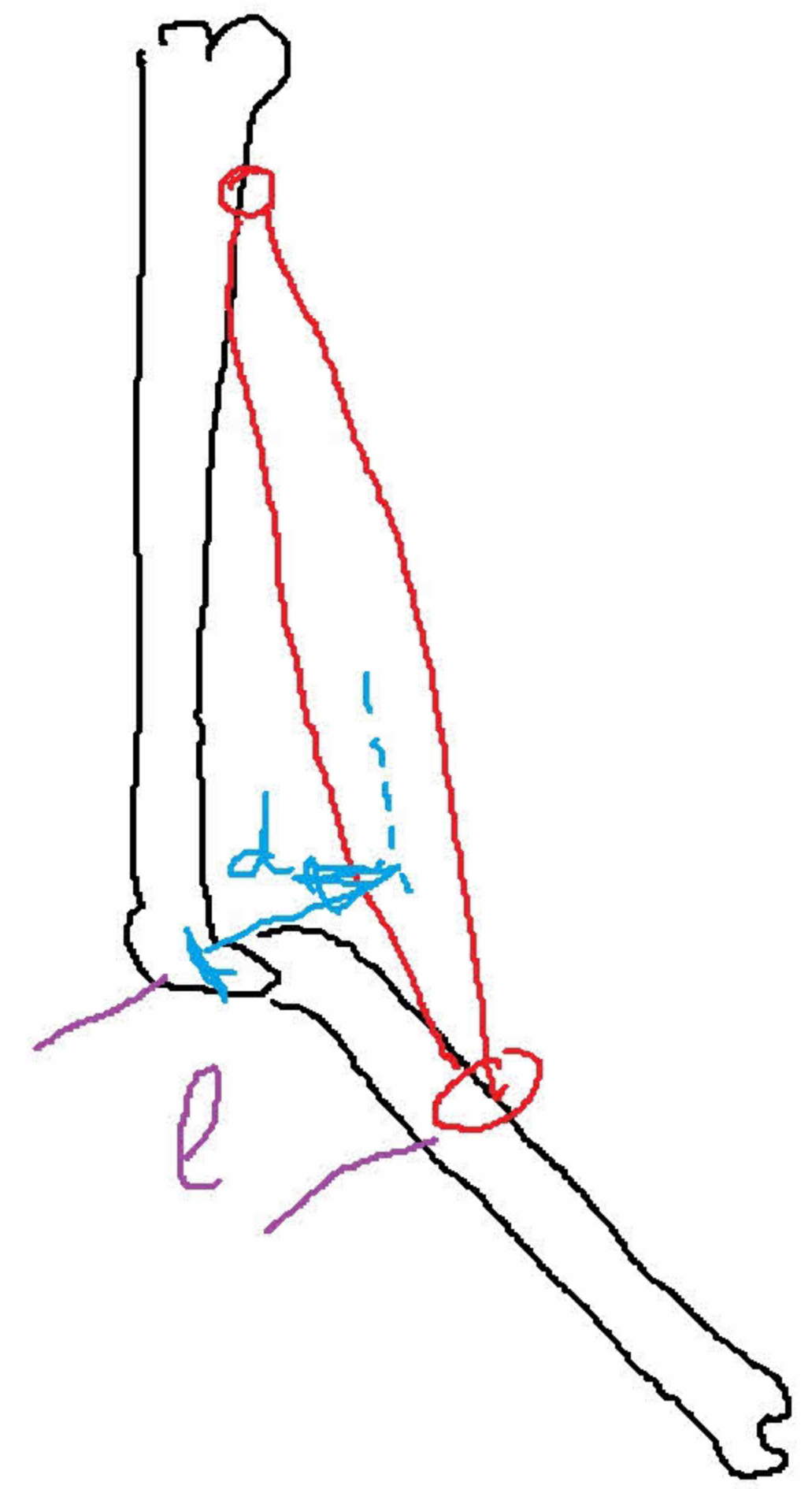


IV: Effet sur le squelette: ROTATION

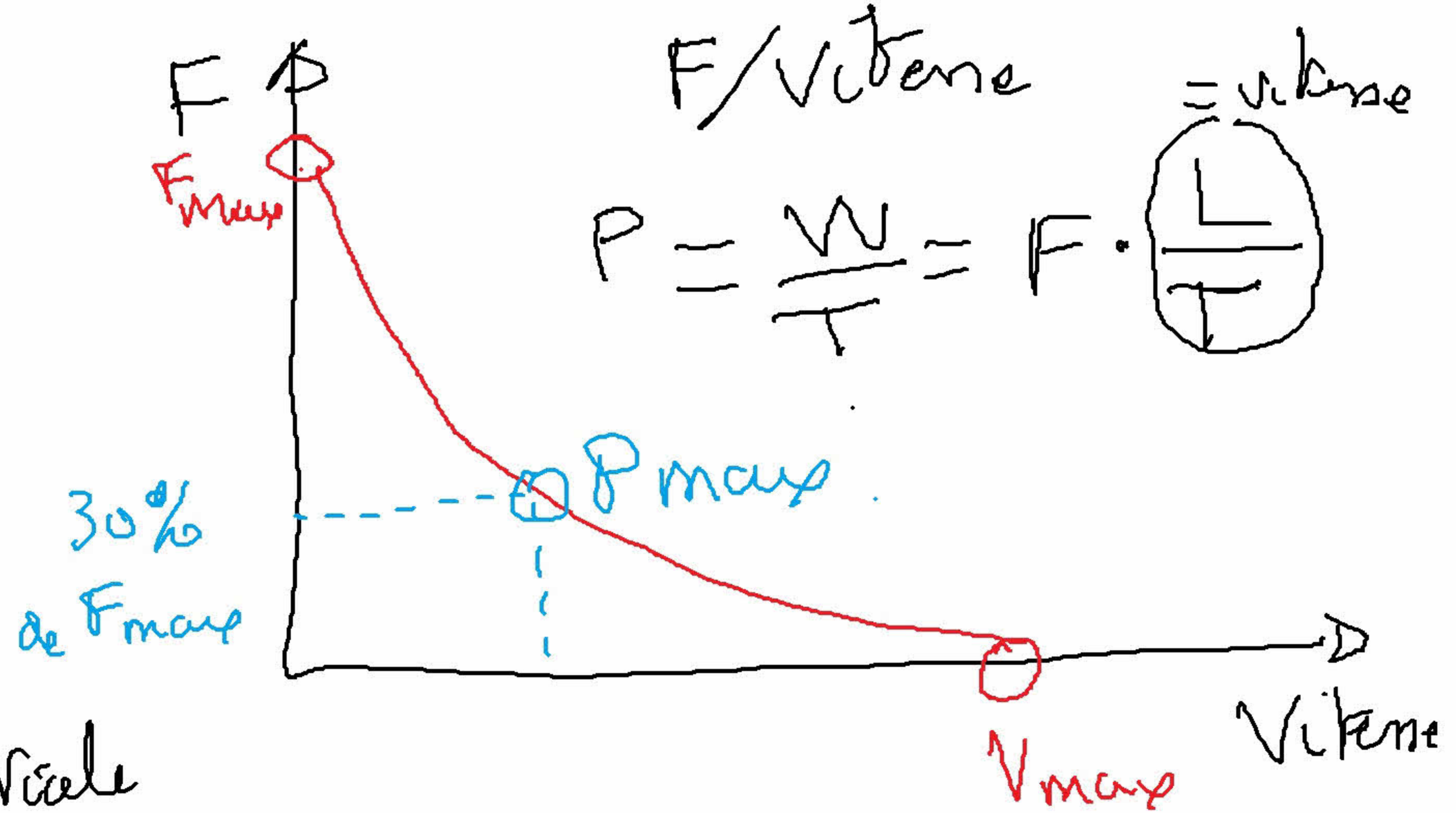
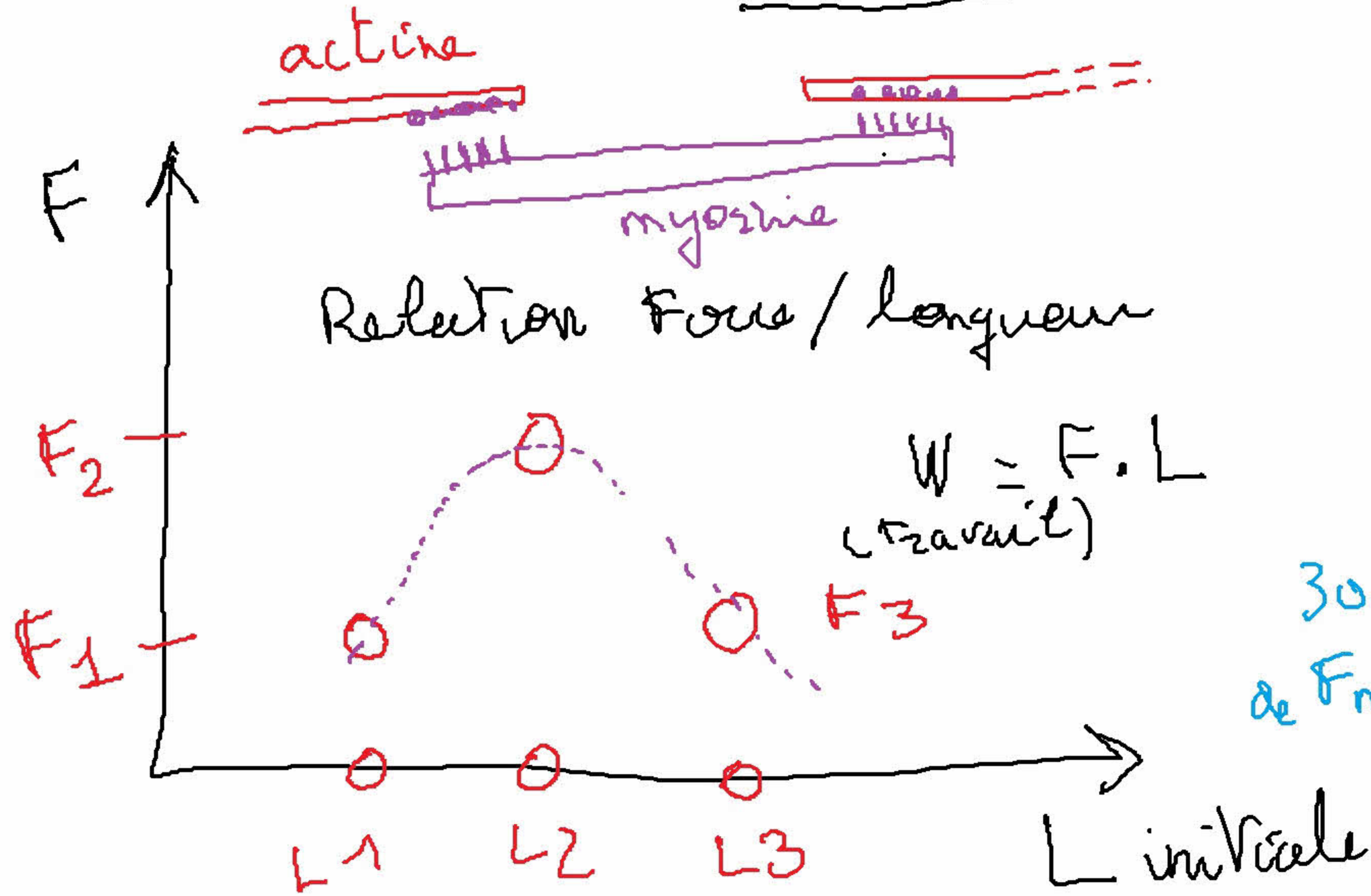
Couple: Moment M^D



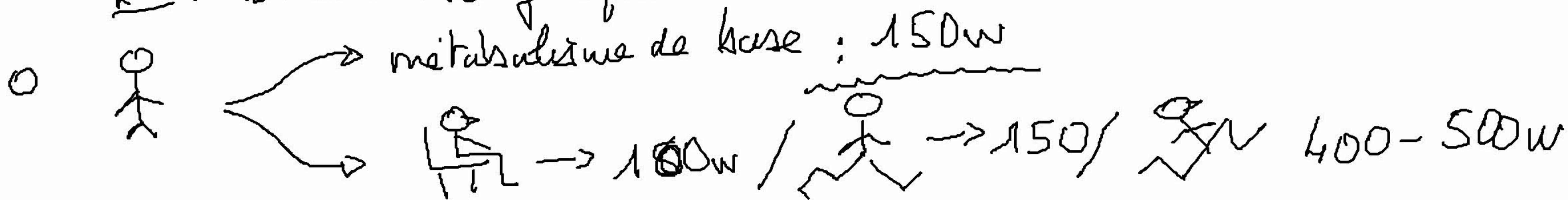
e
dist. insertion



V. Les grandeurs relatives de la contraction



VII. Bilan énergétique



○ Rendement en kcal $\approx 10-25\%$

métab. de base = 1200 kcal

○ $\frac{\text{activité } \bar{m}}{\text{métab. de base}} = \frac{1200 \text{ kcal}}{1200 \text{ kcal}}$

2400 kcal

○ $\frac{\text{kcal}}{\text{poids} \times \text{km parcouru}}$

ex: 70kg / 1km = 70kcal A 3000kcal.

○ $\approx 170 \text{ kg} / \text{ATP} / \text{jours}$