



Contents

Contributors	xiii
Introduction	xv
B.M. Nigg, B.R. MacIntosh, and J. Mester	
Part I Work and Energy	
Work and Energy Historical Highlights	3
Chapter 1 Mechanical Considerations of Work and Energy	5
B.M. Nigg, D. Stefanyshyn, and J. Denoth	
The Concept of Mechanical Work and Energy	5
Mechanical Work	6
Mechanical Energy	8
Calculation of Mechanical Energy During Human Movement	8
The Laws of Conservation of Energy	11
Conservation of Energy	12
Summary	17
References	17
Chapter 2 Storage and Release of Elastic Energy in the Locomotor System and the Stretch-Shortening Cycle	19
R.McN. Alexander	
Principles of Elasticity	19
The Properties of Body Parts	20
Springs Functioning as Catapults	25
Springs Saving Energy	27
Springs Cushioning Impacts	28
Conclusion	28
References	28
Chapter 3 Length Changes of Muscle-Tendon Units During Athletic Movements	31
J.G. Hay	
Elaboration of the Concepts	31

	Long Jump	32
	Volleyball Block	38
	Sprinting	39
	Cycling	42
	Summary and Potential Applications	44
	References	46
Chapter 4	Work and Energy Influenced by Athletic Equipment	49
	D.J. Stefanyshyn and B.M. Nigg	
	Energy Return	49
	Minimizing the Loss of Energy	54
	Additional Situations With an Unnecessary Loss of Energy	62
	Situations Where a Loss of Energy is Advantageous	63
	Summary	63
	References	63
Chapter 5	The Three Modes of Terrestrial Locomotion	67
	A.E. Minetti	
	Mechanics and Energetics of Locomotion	67
	Slow Speed: Walking and Brachiation	69
	Intermediate Speed: Running, Trotting, and Hopping	72
	High Speed: Galloping and Skipping	73
	Gait Transition	76
	Gradient Locomotion	76
	Different Gravity Conditions	77
	Summary and Potential Applications	77
	References	78
Chapter 6	The Pathways for Oxygen and Substrates	79
	H. Hoppeler and E.R. Weibel	
	The Primary Concepts	79
	Historical Highlights	80
	Model of the Respiratory System	80
	Muscle Mitochondria Set the Demand for Oxygen	85
	Supply of Substrates From Cellular Stores to Mitochondria	89
	Microcirculatory Supply of Oxygen and Substrates	91
	Convective Transport of Oxygen and Substrates by the Heart	94
	Oxygen Diffusion in the Lung	95
	Conclusions	98
	References	98
Chapter 7	Energy and Nutrient Intake for Athletic Performance	103
	P.W.R. Lemon	
	Food Energy	104
	Carbohydrate	105

	Fat	108
	Protein	110
	Water	115
	Minerals	117
	Vitamins	121
	Summary and Potential Applications	122
	References	123
Chapter 8	Intensity of Cycling and Cycle Ergometry: Power Output and Energy Cost	129
	B.R. MacIntosh, R.R. Neptune, and A.J. van den Bogert	
	Primary Concepts	129
	Ergometer Cycling	131
	Road Cycling	132
	Kinematic Methods	134
	Kinetic Methods	134
	Indirect Calorimetry	138
	Steady State Energetics	139
	Determinants of Steady State Energy Cost of Cycle Ergometry	140
	Slow Component of Oxygen Uptake	142
	Supramaximal Energy Use, Anaerobic Metabolism	144
	Measurement of the Energy Cost of Cycling	144
	Summary	145
	References	146
	Work and Energy Summary	149
	Work and Energy Definitions	155
Part II	Balance and Control of Movement	
	Balance and Control of Movement Historical Highlights	161
Chapter 9	Basic Concepts of Movement Control	163
	R. Stein, E.P. Zehr, and J. Bobet	
	Review of Control Theory	163
	Feedforward (Muscle) Control	164
	Isometric Contractions	164
	Force-Length Curve	166
	Force-Velocity Curve	167
	Feedback (Reflex) Control	169
	Stretch Reflexes and Servo-Control	170
	Servo-Assistance and Fusimotor Set	171
	Inhibitory Modulation	171
	Golgi Tendon Organs	172
	Cutaneous Receptors	172

	Central Control of Locomotion	174
	References	176
Chapter 10	Muscle Activation and Movement Control	179
	W. Herzog	
	Muscle Activation	179
	Movement Control: Experimental Considerations	181
	Movement Control: Theoretical Considerations	185
	Applications to Sport Science	187
	Final Comments	191
	References	191
Chapter 11	Power Output and Force-Velocity Properties of Muscle	193
	B.R. MacIntosh and R.J. Holash	
	The Primary Concepts	193
	Shape of the Force- and Power-Velocity Relationships	194
	Muscle Architecture and the Force-Velocity Relationship	197
	Ways of Studying Force-Velocity Properties	200
	Factors Affecting the Force- and Power-Velocity Relationships	202
	A Model of Force-Velocity Properties for Mixed Fiber Types	204
	Functional Implications of the Force-Velocity Properties of Muscle	207
	Concluding Remarks	208
	References	208
Chapter 12	Stability and Control of Aerial Movements	211
	M.R. Yeadon and E.C. Mikulcik	
	Statement of the Problem	211
	Primary Concepts	212
	Elaboration of Concepts	212
	Film Analysis	217
	Summary and Potential Applications	220
	References	221
Chapter 13	Movement Control and Balance in Earthbound Movements	223
	J. Mester	
	Statement of the Problem	223
	The Primary Concepts	223
	Elaboration of Concepts	224
	Bottom-Up Regulation: Building Up Posture and Balance Against Gravity	226
	Top-Down Regulation: Central Input and Supervision	228
	Control and Balance of Directional Earthbound Movements	229
	Balance in Standing Upright Under High External Forces	233
	Balance in Sitting Under Low External Forces	235
	Movement Control Under Time Pressure	236

Summary and Potential Applications	238
References	238
Balance and Control of Movement Summary	241
Balance and Control of Movement Definitions	245
Part III Load During Physical Activity	
Load During Physical Activity Historical Highlights	249
Chapter 14 Forces Acting on and in the Human Body	253
B.M. Nigg	
Definitions and General Comments	253
The Force System Analysis	261
Order of Magnitude of Forces	265
Summary	266
References	266
Chapter 15 Force Production in Human Skeletal Muscle	269
W. Herzog	
Structure and Morphology of Skeletal Muscle	269
Gross Structure of Skeletal Muscle	272
Excitation-Contraction Coupling	272
The Cross-Bridge Theory	273
Muscle Force	275
History Dependence of Force Production	280
Final Comments	280
References	281
Chapter 16 Mechanical Effects of Forces Acting on Bone, Cartilage, Ligaments, and Tendons	283
D.D. Anderson, D.J. Adams, and J.E. Hale	
The Primary Concepts	283
Characterizing Mechanical Properties	284
Hierarchy: A Composite Structural Theme in Musculoskeletal Tissues	288
Summary and Potential Applications	302
References	303
Chapter 17 Biological Response to Forces Acting in the Locomotor System	307
K.J. Fischer	
Statement of the Problem	307
The Primary Concepts	308
Bone Adaptation	308
Articular Cartilage Adaptation	313
Tendon Adaptation	317

	Ligament Adaptation	320
	Summary and Potential Applications	324
	References	324
Chapter 18	Prevention of Excessive Forces With Braces and Orthotics	331
	A. Gollhofer, W. Alt, and H. Lohrer	
	The Primary Concepts	331
	The Ankle Joint	331
	The Knee Joint	339
	Further Bracing Applications	344
	Summary and Potential Application	344
	Conclusions	345
	References	345
	Load During Physical Activity Summary	351
	Load During Physical Activity Definitions	355
Part IV Fatigue and Exercise		
	Fatigue and Exercise Historical Highlights	363
Chapter 19	Contractile Changes and Mechanisms of Muscle Fatigue	365
	B.R. MacIntosh and D.G. Allen	
	Primary Concepts	365
	Ways of Studying Fatigue	366
	Contractile Consequences Associated With Fatigue	368
	Cellular Mechanisms of Muscle Fatigue	372
	Summary	378
	References	378
Chapter 20	Stretch-Shortening Cycle Fatigue	385
	P.V. Komi and C. Nicol	
	Muscle Fatigue During Isolated Eccentric Actions	386
	Eccentrically Induced Muscle Damage and Soreness	387
	Specific Functional Effects of Fatiguing SSC Exercises	392
	Concluding Hypothesis	403
	References	404
Chapter 21	Muscle Fatigue Monitored by Force, Surface Mechanomyogram, and EMG	409
	C. Orizio	
	Fatigue: Local Muscle Fiber Changes and Muscle Motor Control Alterations	410

Changes in Muscle Mechanical and Electrical Signals	414
Applications	427
Concluding Remarks	428
References	428
Fatigue and Exercise Summary	435
Fatigue and Exercise Definitions	439
Name Index	441
Subject Index	451
About the Editors	467