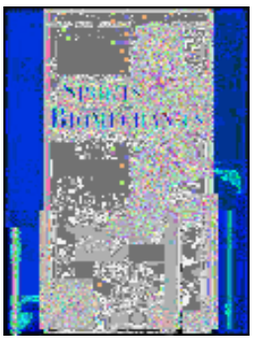

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Common errors in textbook descriptions of muscle fiber size in nontrained humans

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C e b k de c i f c e be i e a ed h a

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Ab ac

E IIB . F , IIA (10). F , I, I IIA ( ). I IIB .I 27 , IIB I IIA, , C

Ke d : ATPase, classification, morphology, motor unit, skeletal muscle

d c i

H , . I , IIA .5(11.77.1(-))-3545 , . 0( )13 9(8)-341.6 (FG), F & K , 1998), (, 2006).

I. M -2 -2 -2 , - . (2000).

	I	IIA	IIB	2 ( )	2	2	2
M	4844 (1286)	6174 (1587)	5160 (1324)	21.5 (2.4)	95		IIA > I = IIB
	4084 (895)	3879 (867)	3116 (792)	21.1 (2.2)	55		I = IIA > IIB

Note: F , IIB .; M - μ 2.; , , 2 2 2 .; M ( ).; . 2 2 .

II. -

I	IIA	IIB	( )			
4026 (699)	4655 (879)	3865 (723)	28 (6)	15	IIA > I = IIB	M & (1984)
5317 (1071)	6594 (1377)	5146 (1126)	20.3 (1.1)	10	I = IIA > IIB	H . (2001)
5003 <311>	6986 <299>	6777 <355>	33 <3>	8	I < IIA = IIB	G . (2005)
5127 <366>	7873 < 645>	6176 <516>	28.5 (8)	8	I < IIB < IIA	G . (2001)
4518 (1336)	4718 (1143)	3901 (1299)	26.1 (3.5)	37		. (1985)
4137	4813	4210	18 16 20	8		. (1986)
70 (13)	84 (12)	82 (17)	21.9 (1.3)	25		M . (1990)
				12		J . (1990)
4113 <275>	5796 <404>	4183 <418>	33 <1>	8		H . (1991)
4840 <145>	6455 <196>	5577 <194>	19.2 <0.5>	6		G . (1999)
5208 (1494)	6070 (1944)	4648 (1043)	31.6 (9.8)	6		C . (2002)
5022 (1060)	5577 (1659)	4836 (1389)	38 (5)	16		H . (2003)
4320 <337>	6267 <127>	5163 <412>	20.5 <1.0>	12		H . (2004)
			29.9 <2.01>	5		D'A . (2006)
3611 <288>	3734 <368>	3142 <337>	25 <1>	13		M . (2006)
4647 (1775)	5496 (1408)	4323 (1113)	20.6 (1.5)	7		K . (2008)
			25.1 (3.9)	4		. (2008)

Note:

III. -2 A , -2 -2 .

I	IIA	IIB	-2 ( ) -2	-2	-2	-2
	-2		26 22 40	42	I > II	(1981)
3948 (541)	4389 (771)	3490 (763)	20.2 (1.2)	16	I = IIA > IIB	H . (2001)
4114 (920)	3585 (1127)	2773 (1162)	24.6 (3.7)	38		-2 . (1985)
2819 <264>	2583 <271>	1988 <466>	26 <0.4>	9		M . (2006)

Note:

S a f da a c e be i e c ed h a c e

I . - A .

M	I	IIA	IIB	( )			
	6314 (1245)	6707 (2531)	6032 (2574)	23.0 (4.3)	17	I = IIA = IIB	M . (1997)
L	5058 (1349)	4941 (1371)	4703 (1703)	23.0 (4.3)	17	I = IIA = IIB	M . (1997)
	5235 <333>	7505 <465>	6053 <526>	28.5 (8)	8	I < IIB < IIA	G . (2001)
	4381 <340>	7926 <232>	6956 <367>	28.5 (8)	8	I < IIB < IIA	G . (2001)
L	5209 <513>	6723 <692>	6138 <461>	28.5 (8)	8	I < IIB < IIA	G . (2001)
L	70 (7)	74 (8)	71 (9)	20 30	9		&C (1987)
L	67 (7)	75 (13)	70 (14)	20 30	9		&C (1987)
	60.1 (12.5)	59.2 (12.2)	56.5 (12.3)	29.3 18 44	9		. (1995)
	63.8 (13.5)	63.9 (14.4)	56.7 (14.2)	29.3 18 44	9		. (1995)

Note: I , IIA , .; M
μ^2, .; , ,
.; M ( ).; .
.; M .; M < >.; (II), ,
.

I. ² ² A ²
²

II. M

IIA IIB 239.2( )- 13 (239)2623(-2368(

Ack edge e

D . J I D . D

Refe e ce

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