

**Quiz 16: Exercise Physiology Seminar**

Name: \_\_\_\_\_

1) With  $\uparrow$  age (after the 20's and 30's),  $V_{O_{2max}}$   $\uparrow$  (increases),  $\downarrow$  (decreases), or  $\leftrightarrow$  (stays the same)[pick one], resting heart rate  $\uparrow$ ,  $\downarrow$ , or  $\leftrightarrow$  [pick one], maximum HR  $\uparrow$ ,  $\downarrow$ , or  $\leftrightarrow$  [pick one], and  $\beta$ -adrenergic responsiveness  $\uparrow$ ,  $\downarrow$ , or  $\leftrightarrow$  [pick one].

2) True/False: "Exercise training cannot  $\uparrow$   $V_{O_{2max}}$  in the elderly."

3) What type of muscle fibers are lost with aging, type I or type II ?

4) What structural changes in the respiratory system (e.g. lung tissue or pulmonary vasculature) explain the  $\downarrow$  in respiratory system function with aging?