

TABLE 11.1
Classification Schemes of Skeletal Muscle Fiber Types

<i>Characteristic</i>	<i>Fiber Type</i>		
<i>Electrical activity pattern</i>	Phasic High frequency		Tonic Low frequency
<i>Morphology</i>	<i>FTb</i>	<i>FTa</i>	<i>ST</i>
Color	White	White/red	Red
Fiber diameter	Large	Intermediate	Small
Capillaries/mm ²	Low	Intermediate	High
Mitochondrial volume	Low	Intermediate	High
<i>Histochemistry & biochemistry</i>	<i>IIB FG</i>	<i>IIA FOG</i>	<i>I SO</i>
Myosin ATPase	High	High	Low
Calcium-handling capacity	High	Medium/high	Low
Glycolytic capacity	High	High	Low
Oxidative capacity	Low	Medium/high	High
<i>Function & contractility</i>	<i>FF FT</i>	<i>FR FT</i>	<i>S ST</i>
Speed of contraction	Fast	Fast	Slow
Speed of relaxation	Fast	Fast	Slow
Fatigability	High	Moderate/high	Low
Contraction strength	High	Intermediate	Low

Abbreviations: FT, fast-twitch; ST, slow-twitch; FG, fast, glycolytic; FOG, fast, oxidative, glycolytic; SO, slow, oxidative; FF, fast-contracting, fast-fatigue; FR, fast-contracting, fatigue-resistant; S, slowly contracting.