

Analysis and Conclusion Questions:

1. What do “aerobic” and “anaerobic” mean?
2. What produces more ATP energy? Aerobic or Anaerobic Respiration?
3. What type of cellular respiration were your hand muscles using before squeezing and what type of cellular respiration were your hand muscles using once you started to get sore?
Before: _____ After: _____
4. Did squeezing your hand get easier or harder to do over the ten trials? Explain.
5. At what point in the experiment do you think that your muscle cells converted from aerobic respiration to lactic acid fermentation? (Refer to your graph).
6. Why did your muscles start to get sore after a while?