

# Flex Therapist CEUs

## Muscle Recruitment in Cycling with Older Adults

1. When compared to younger individuals, the age-related changes in skeletal muscles are accompanied by:

- A. Increased susceptibility to muscular damage
  - B. Decelerated recovery
  - C. Decline in the neural drive
  - D. All of the above
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2. Which are the most active muscles of the lower limb during cycling?

- A. Rectus femoris and gastrocnemius medialis
  - B. Biceps femoris and rectus femoris
  - C. Tibialis anterior and biceps femoris
  - D. Gastrocnemius medialis and tibialis anterior
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3. Older adults employ a different strategy than young adults when the task does not require a lot of force production but still demands coordination and precise control over the movement.

- A. True
  - B. False
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4. Older individuals rely more on the tibialis anterior, which is a mono-articular, force-producing muscle, for a relatively demanding task.

- A. True
  - B. False
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5. Which group had a larger increase in EMGc, implying a longer duration of simultaneous activity in the lower leg muscles?

- A. Older individuals
  - B. Young individuals
  - C. The two groups had equal increases
  - D. None of the above
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6. The range of motion of the knee splay angle was significantly different between the

**two groups, confirming that there is a change in older adults' cycling strategy as workload increases.**

- A. True**
  - B. False**
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