

Motor Unit Function

Generally speaking, white fast twitch motor units are responsible for speed and strength, and a person who has a predominance of these white fast twitch motor units would be best suited for strength events. The red fast twitch motor units are responsible for sustaining a load over prolonged periods, therefore a person with a predominance of these red fast twitch fiber motor units would be best suited for events requiring stamina such as boxing and basketball. The red slow twitch motor unit is responsible for producing energy over long periods, so a person with a predominance of these red slow twitch motor units would be best suited for endurance events. It is important to note that there are ways to research and determine, through resistance training methods, the individual's predetermined combinations and proportions of these motor units in order to establish potential in the above three areas of athletic activities; strength, stamina, and endurance.