

1. Jumping to conclusions

- a. You needed to write the spring constant ( $k$ ) as a function of the tendon stiffness ( $E_{tendon}$ ), the cross-sectional area of the tendon ( $A$ ), and the original tendon length ( $L_o$ ).

Hooke's law tells us:  $F = kx$

Given:

$$A = 0.5 \text{ cm}^2 = 5 \cdot 10^{-5} \text{ m}^2$$

$$E_{tendon} = 600 \text{ MPa} = 6 \cdot 10^8 \text{ Pa}$$

$$L_o = 20 \text{ cm} = 0.2 \text{ m}$$

We know:

$$\sigma_{tendon} = \frac{F}{A} \quad \text{and} \quad \sigma_{tendon} = E_{tendon}\varepsilon$$
$$\frac{F}{A} = E_{tendon}\varepsilon$$

This implies:

$$F = \varepsilon A E_{tendon} = E_{tendon} A \frac{\Delta L}{L_o} = \frac{E_{tendon} A}{L_o} \Delta L$$

$$k = \frac{E_{tendon} A}{L_o} = \frac{(6 \cdot 10^8 \text{ Pa})(5 \cdot 10^{-5} \text{ m}^2)}{(0.2 \text{ m})} = 1.5 \cdot 10^5 \frac{\text{N}}{\text{m}}$$

- b. Given:

Mass of the individual =  $m = 100 \text{ kg}$

$$f = \frac{1}{2\pi} \sqrt{\frac{k}{m}} = \frac{1}{2\pi} \sqrt{\frac{1.5 \cdot 10^5 \frac{\text{N}}{\text{m}}}{100 \text{ kg}}} = 6.16 \text{ Hz}$$

- c. I'll let you **jump** to conclusions on this answer. You would stand on the tips of your toes and hop. Record the hop response in a quantifiable manner (i.e. videography). Think about your free vibration test in lab.

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2. Muscle force, power, and efficiency

a.

$$F = \frac{bT_o - av}{v + b}$$

Since  $T_o$  is the initial tension, it must have dimensions of force,  $T_o = \text{N} = \text{kg} \frac{\text{m}}{\text{s}^2}$

Breaking down the top of Hill's equation,  $\frac{bT_o}{v+b}$  and  $\frac{av}{v+b}$  must both have dimensions of force.

Let us take,  $\frac{bT_o}{v+b}$  first. If we write as,  $T_o \frac{b}{v+b}$  it becomes clear that  $\frac{b}{v+b}$  must be dimensionless for the whole equation to have dimensions of force. Thus  $b$  must have the same dimensions as  $v$ ,

$$b = \frac{\text{m}}{\text{s}}$$

Lastly, take  $\frac{av}{v+b}$ , if we write it as  $a \frac{v}{v+b}$ , we can see that  $\frac{v}{v+b}$  will be dimensionless, and thus,

$$a = \text{kg} \frac{\text{m}}{\text{s}^2}$$

b. If we are given that

$$\frac{b}{v_{max}} \cong \frac{1}{4} \quad \text{and} \quad \frac{a}{T_o} \cong \frac{1}{4}$$

We can rewrite

$$F = \frac{bT_o - av}{v + b}$$

as

$$F = \frac{\frac{v_{max}}{4} T_o - \frac{T_o}{4} v}{v + \frac{v_{max}}{4}} = \frac{v_{max} T_o - T_o v}{4v + v_{max}} = T_o \frac{v_{max} - v}{4v + v_{max}}$$

Thus,

$$\frac{F}{T_o} = \frac{v_{max} - v}{4v + v_{max}}$$

c. We wanted power ( $\mathcal{P}$ ) in terms of  $v$ ,  $v_{max}$ , and  $T_o$

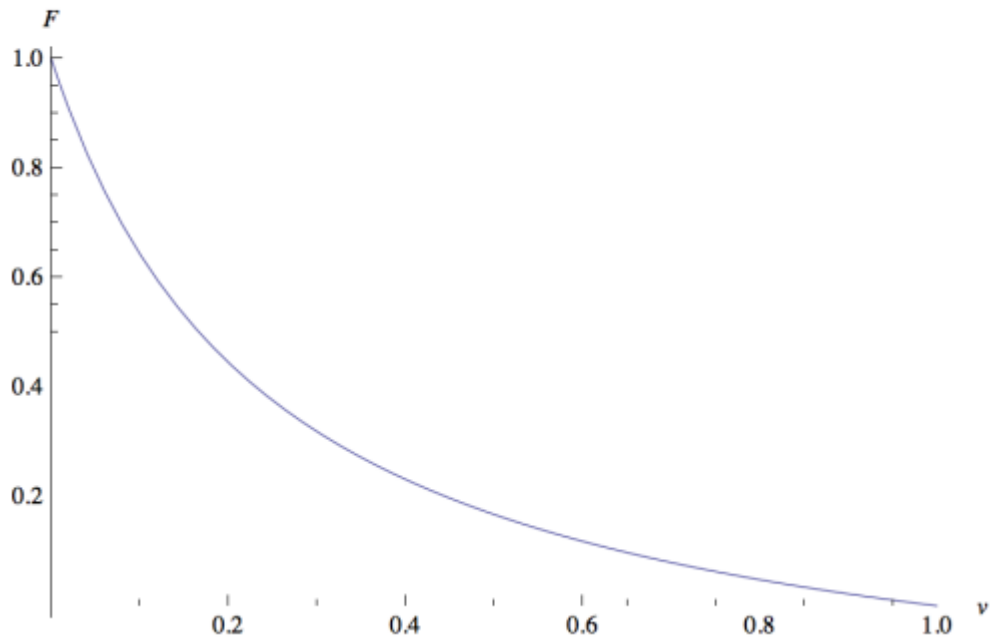
$$\mathcal{P} = \frac{E}{t} = Fv$$

$$F = T_o \frac{v_{max} - v}{4v + v_{max}}$$

$$\mathcal{P} = vT_o \frac{v_{max} - v}{4v + v_{max}}$$

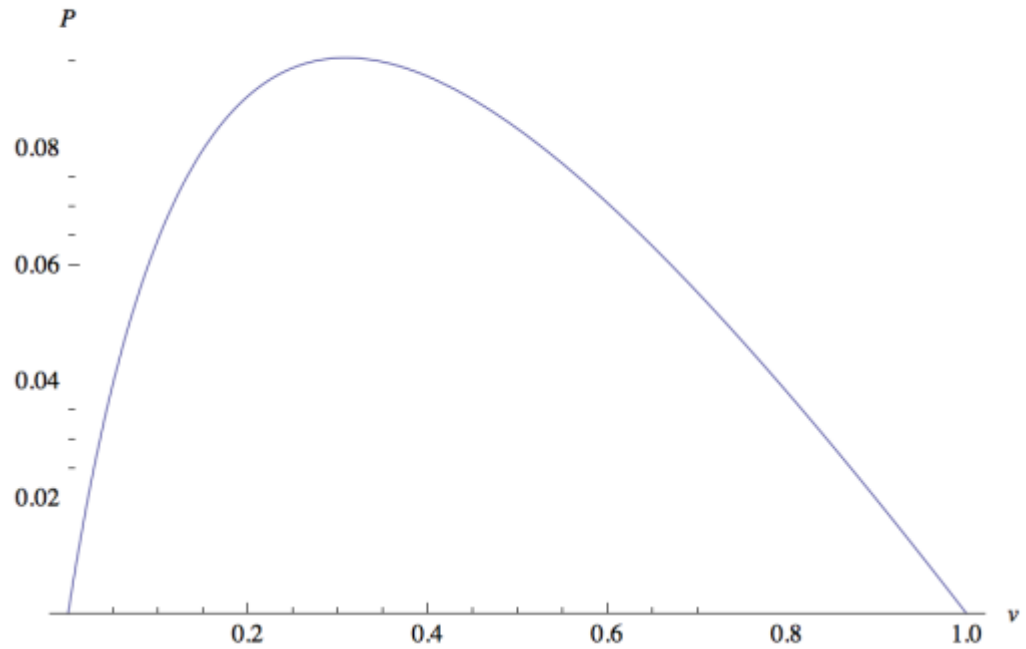
d. Force as a function of velocity

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Plot[1 - v / (4 v + 1), {v, 0, 1}, AxesLabel -> {v, F}]
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Power as a function of velocity

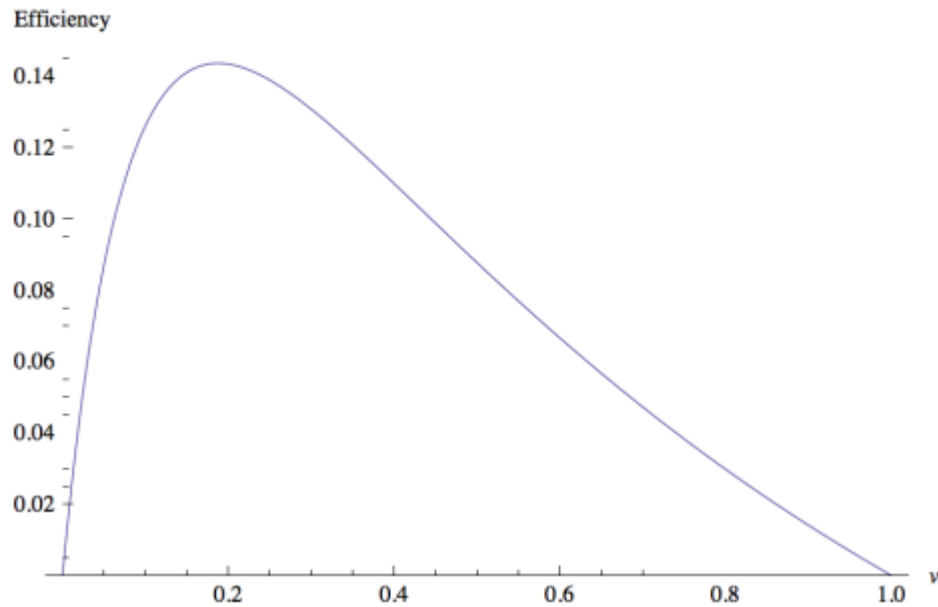
**Plot**  $\left[ v \frac{1-v}{4v+1}, \{v, 0, 1\}, \text{AxesLabel} \rightarrow \{v, P\} \right]$



- e. Finding the relationship between velocity and ATP utilization. The equation is as follows:

$$\text{ATP consumption rate} = 0.4 + 1.1v$$

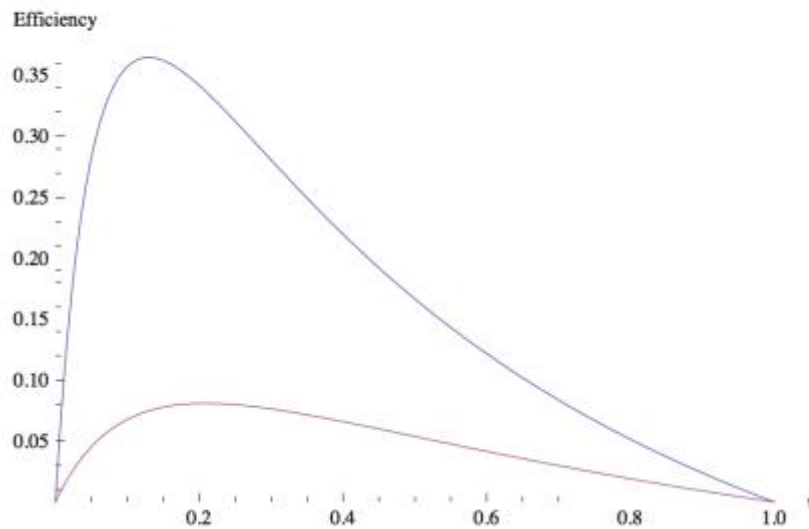
**Plot**  $\left[ \frac{v \frac{1-v}{4v+1}}{.4 + 1.1v}, \{v, 0, 1\}, \text{AxesLabel} \rightarrow \{v, \text{Efficiency}\} \right]$



3. Discussion points:

- a. Let's see... Plot two cases with an offset in ATP use but the same slope of ATP use:

$$\text{Plot} \left[ \left\{ \frac{v \cdot 1 \cdot \frac{1-v}{4v+1}}{0.1 + 0.8v}, \frac{v \cdot 1 \cdot \frac{1-v}{4v+1}}{0.8 + 1.5v} \right\}, \{v, 0, 1\}, \text{AxesLabel} \rightarrow \{v, \text{Efficiency}\} \right]$$



The slow fibers are more efficient at all speeds below  $v_{max}$ . Changing the ATP use rate offset does NOT change the speed of maximal efficiency.

- b. When it is a matter of great and acute importance (i.e. outrunning a predator).

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4. There will be a variety of answers to this.