Skeletal Muscle Physiology

Time Allotment: 2–2.5 hours minimum if students are well-prepared, 3 hours preferred.

The following minimum computer hardware is recommended for PhysioEx™ 7.0:

WINDOWS
400 MHz Intel® Pentium® processor or greater
Windows® 2000/XP
128 MB RAM
1024 × 768 screen resolution
Browsers: Internet Explorer® 6.0 or higher; Netscape® 7.0 or higher; FireFox® 1.5 or higher
Plug-Ins: Shockwave™ Player 10, Flash® Player 8, Adobe® Acrobat Reader
Internet Connection: 56K modem minimum for website
Printer

MACINTOSH
350 MHz G3 or faster processor
OS 10.1 or higher
128 MB RAM
1024 × 768 screen resolution
Browsers: Safari 1.2 or higher; Netscape® 7.0 or higher; FireFox® 1.5 or higher
Plug-Ins: Shockwave™ Player 10, Flash® Player 8, Adobe® Acrobat Reader
Internet Connection: 56K modem minimum for website
Printer

Advance Preparation, Comments, and Pitfalls

1. *If you are using PhysioEx™ in a computer lab:* Because PhysioEx™ 7.0 requires a browser (such as Netscape® or Internet Explorer®) and the Flash 8® plug-in to run, it is recommended that you make sure these items are already installed on student computers before beginning this lab.

2. *If you are using the web version of PhysioEx™:* Have your students go to http://www.physioex.com and follow the registration instructions found in the very front of their lab manual.

3. It is helpful to instruct students in the proper operation of the mouse and menu system as part of the lab introduction.

4. When considering an upgrade for computer systems, memory (RAM) offers the largest performance increase for the least cost.

5. Having students work in pairs results in the most successful lab experience. If students must work in larger groups, have them each get keyboard and mouse experience with the program.