ESSR Journal Club


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1. What evidence suggests that molecular clock function is vital to overall health and homeostasis of muscle?

2. Describe the molecular clock components?

3. How much similarity is there between the circadian expression of mRNAs in skeletal muscle versus liver or suprachiasmatic nucleus (SCN)?

4. Describe the differences between a clock controlled gene and a gene that is expressed in a circadian pattern?

5. How would one test if a molecular clock is disrupted?

6. Describe the relation between the central clock and the clocks in peripheral tissues?

7. What environmental or lifestyle treatments can function to disrupt the synchrony between the molecular clocks in the peripheral tissues and the SCN?

8. How might exercising at different times of the day influence the timing or synchrony of peripheral clocks?