

Resting Potential

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Resting potential refers to the polarization of cellular fluid within a neuron that provides the potential to produce an action. Let's use a sports example - in baseball, the batter standing at home plate waiting for the pitcher to throw the ball may be standing still (appears to be in a resting state), but is actually prepared to respond to the pitch. You might say the batter has resting potential to swing the bat.

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