

MUSCULAR SYSTEM STUDY GUIDE

INCLUDED:

Muscular System Unit + Assessment Review + ANSWER KEY

This study guide is designed to support your learning and enhance your understanding of the muscular system. It offers focused insights, its purpose is to ensure that a student could more easily discuss a topic or subject of his education that may appear on assessments. This is not a "light" assignment, but a comprehensive review that is designed to give you the confidence and ability to answer questions more easily and with greater accuracy.

Section I: Introduction to the Muscular System

1. What are the four primary responsibilities of muscles?
 - Support: Muscles maintain movement of the body and organs.
 - Movement: Muscles help maintain posture and control movement.
 - Heat Production: Muscles generate heat during contraction, contributing to body temperature regulation.
 - Protection: Muscles provide support and stability to joints.
2. Describe how muscles function in the body's systems.
 - Muscles contract to move the body, generating force to move the skeleton.
3. Approximately how many skeletal muscles do humans have?
 - Humans have approximately 650 skeletal muscles.
4. Name the three types of muscle tissue.
 - Skeletal muscle
 - Cardiac muscle
 - Smooth muscle

Section II: Anatomy of the Muscular System

1. List four characteristics of skeletal muscles.
 - Excitability
 - Contractility
 - Extensibility
 - Elasticity
2. What are the two types of skeletal muscle fibers?
 - Longitudinal fibers (containing the nuclei of the nuclei)
 - Circular fibers (containing the nuclei)



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33 straightforward
questions aligned
with key learning
objectives for the
muscular system.



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