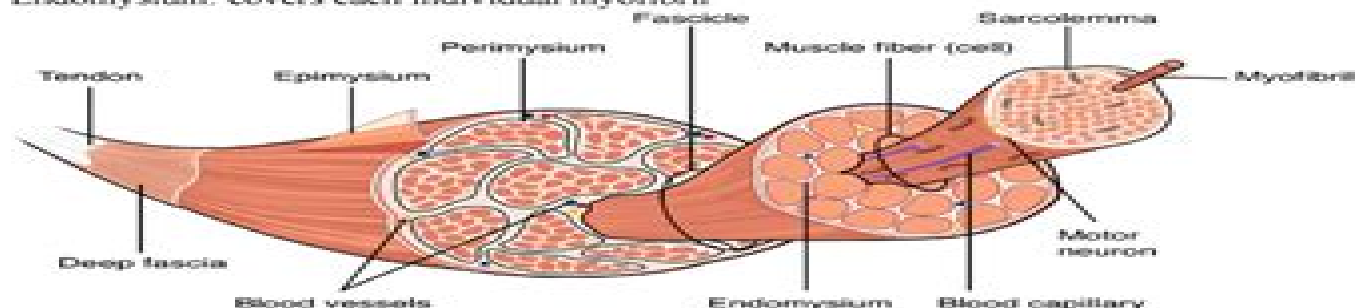


## Chapter 9: Muscles and Muscle Tissue – Study Guide

### Read: Pages 275-313

1. Explain where the name muscle comes from.
  - It comes from the Latin prefixes mys, myo, and sarco.
2. State the percentage of weight in the human body that comes from muscle.
  - 75-85% of our human body weight comes from muscle.
3. State the three types of muscle found in the human body.
  - Cardiac, skeletal, and smooth
4. Give two root words that mean muscle and may be used as a prefix or suffix.
  - mys and myo
5. Describe where the three different muscle types are found.
  - Cardiac: consists of the muscular walls found only in the heart
  - Skeletal: most abundant muscle in our body that is indirectly/directly attached to bones
  - Smooth: found in the hollow walls of visceral organs like the stomach, small intestine, and bladder
6. List and describe the four characteristics of muscle tissue that allow the muscle to perform its primary function. State the primary function.
  - Movement: primary function
  - Elasticity: our muscles ability to extend and recoil back to original position
  - Stretchability: stretch and extending the muscle
  - Contractility: shortening of the muscle fibers
7. List and describe the three connective sheaths of muscle tissue and be able to identify them on an illustration or diagram.
  - Epimysium: irregular dense connective tissue that surrounds the muscle (organ)
  - Perimysium: surrounds the fascicle (group of muscle fibers)
  - Endomysium: covers each individual myofibril



# **Muscles And Muscle Tissue Study Guide**

**Bruce Wingerd, Patty Bostwick Taylor**



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