

## Muscular System Study Guide

The test will be over the following sections from the book and notes: Overview of muscle tissue, Muscle Functions, Microscopic anatomy of skeletal muscles, Nerve stimulus and the action potential, The sliding filament theory. Please be sure to study these sections and be ready for a quiz over them. Below are some questions that might help guide your studying. The first part are ones that I made up. The second part are questions that fellow students made up.

### Standards

- 1) Describe how an action potential is initiated in a muscle cell.
- 2) Describe the events of muscle cell contraction.
- 3) Define *origin*, *insertion*, *prime mover*, *antagonist*, *synergist*, and *fixator* as they relate to muscles.
- 4) Demonstrate or identify the different types of body movements.
- 5) List some criteria used in naming muscles.
- 6) Describe the changes that occur in aging muscles.

### Basic Study Questions

- 7) What does the muscular system consist of?
- 8) List 4 functions of muscles. *Produces movement, maintains posture, stabilizes joints, and generates heat.*
- 9) What is the main/essential function of muscles? *Contraction or to shorten.*
- 10) Muscles cells are also called \_\_\_\_\_ *muscle fibers*
- 11) Identify/name the 3 types of muscles found in the human body. *Skeletal, smooth, cardiac*
- 12) What are the major characteristics of each of the 3 types of muscles?  
*Skeletal – attached to bones, striated, cylindrical, multinucleated, voluntary*  
*Cardiac – walls of the heart, branching cells, striated, uninucleated, involuntary*  
*Smooth – walls of hollow organs, non-striated, cigar shaped, uninucleated, involuntary*
- 13) Identify the muscle types that are involuntary? *See above*
- 14) Identify the muscle types that are voluntary? *See above*
- 15) All muscles are striated. (True or False) *False*
- 16) What are the different parts of a skeletal muscle? *Epimysium, perimysium, fascicle, endomysium*
- 17) How is a fascicle different from a muscle fiber? *A fascicle is made up of many fibers.*
- 18) What is the difference between Endomysium, perimysium, and an epimysium?  
*Endomysium – connective tissue sheath around the muscle fiber*  
*Perimysium – coarse fibrous membrane that wraps the fascicle*  
*Epimysium – tough outer covering of connective tissue around the entire muscle*
- 19) Identify the 2 main proteins that makeup muscle fibers.  
*Actin and Myosin*
- 20) Where is each type of protein, in the previous question, located within the muscle fiber?  
*Actin – z-line(thin filament), I band*  
*Myosin – A band (thick filament)*
- 21) Explain the “Sliding Filament Theory” in terms of how muscles contract.  
*See poster activity*
- 22) What role does myosin play in muscle contraction?  
*It has heads that reach out and attach to the actin. These heads then pull the actin strands toward each other.*
- 23) What role does actin play in muscle contraction?  
*It acts as a base that the myosin heads and bind to.*
- 24) What is the place where thin filaments are anchored to called? *Z-disc*
- 25) What is an A-band/ I-band/H-zone?  
*A-band – the section of myofibril that contains the entire length of the myosin protein.*  
*I –band – the section of myofibril that contains only the actin proteins.*  
*H-zone – the section of the myofibril that appears to have a space that appears to disappear when the muscle is contracted.*

# **Muscular System Study Guide**

**Kathy Bonewit-West, Sue Hunt, Edith  
Applegate**



## **Muscular System Study Guide:**

*Muscular System (Speedy Study Guides)* Speedy Publishing, 2014-06-21 The muscular system is the network of body tissue or muscle bands that are formed over your skeleton frame The muscles in conjunction with the skeleton and the body's nervous system work together to move the body and guide it through various activities and positions Certain muscles are more dense than others as a result of certain activities such as cycling or weightlifting which helps develop the thighs or arms and which are expected to carry heavier loads A chart of the muscular system would be beneficial in helping one understand what muscles are located where in the human body If one seeks to improve their ability in a particular function the chart will assist in describing which muscles to train

**Muscular System (Human) Speedy Study Guides** Speedy Publishing, 2014-07-22 The function of the muscular system is to allow for kinetic movement of the body The muscles expand and contract providing the energy for the various parts of the body to move Students studying biology or medicine would greatly benefit from this pamphlet which depicts the structures of the various muscle group with detailed diagrams making it easy from them to remember the different types of muscles and its components

*Study Guide for The Anatomy and Physiology Learning System* Edith Applegate, 2010-03-30 Designed to accompany The Anatomy and Physiology Learning System 4th Edition by Edith Applegate this study guide helps you learn and review basic A P concepts Each chapter emphasizes medical terminology with a set of key terms word parts clinical terms and abbreviations and then adds a variety of fun filled learning exercises review questions a quiz and a word puzzle The study guide corresponds to the textbook chapter for chapter Chapter learning objectives help you focus on the most important material Key concepts are defined on the first page of each chapter in the workbook Learning exercises for each chapter include short answer matching and diagrams to label and color Self quizzes allow you to measure your progress and understanding Fun and Games features end each chapter with a variety of engaging puzzles covering words and concepts A chapter summary provides a brief review of each chapter A chapter review provides questions for reinforcement and review of the concepts in each chapter

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*Anatomy and Physiology Study Guide* Patrick Leonardi,2002-02-01 This test preparation study guide is the best in the industry It is designed for students of college anatomy and physiology It is very thorough specific and complete for each topic

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restroom alone to answer a phone that was ringing in the church office. She recalls a mysterious voice, which ... While the World Watched: A Birmingham Bombing Survivor ... Carolyn Maull McKinstry is a survivor of the Civil Rights struggle and an eyewitness to the Sept. 15, 1963 Sixteenth Street Baptist Church bombing. Book Review: While the World Watched May 22, 2018 — Carolyn's story, told matter-of-factly, invites the reader into her world and we get a better appreciation for the struggle faced by black ... Postal Exam 473 Practice Tests | Postal Service Exam Study for the Postal Service Exam 473 with help from our practice tests! · Address Checking Test · Forms Completion Test · Coding Test · Memory Test. 15 ... Postal Exam 473 Practice Tests [2023] | 10+ Exams Jun 15, 2023 — Take a postal exam 473 practice test. Use our questions and answers to prepare for your upcoming exam. All of our resources are 100% free. USPS Postal Exam 473 Practice Test No information is available for this page. How to Easily Pass Postal Exam 473/473E So where can you find a truly up-to-date and effective study guide? Our bestselling USPS Practice Tests with Actual Postal Exam Questions & Proven Best Answers ... Postal Exam 473 Practice Test - Questions & Answers You should make use of 473 Postal exam study guides, practice exams, and 473 practice tests. Preparation is needed for you to pass the exam. There is a lot of ... Free, Practice Battery 473 Exam 4Tests.com - Your free, practice test site for a Free, Practice Battery 473 Exam. ... Postal Exams. Battery 473 Exam. This site requires JavaScript. To fully use ... USPS Postal Exam 474 - 477: Practice Tests & Examples [2023] This is a complete prep guide for the USPS Postal Exams 474, 475, 476, and 477. See how to pass the assessments with accurate USPS practice tests. US Postal Exams 473/473c (U.S. Postal Exams Test Prep) REA's all-new fourth edition contains six complete practice exams and review material for the U.S. Postal Exams 473/473c, and includes everything you need to ... Postal Service Test Ace the U.S. Postal Exam 473 using this full-length practice exam with answers fully explained for ideal study. It is applicable for test takers in all 50 ... 168 Sample Report Card Comments (Plus a Printable ... Nov 17, 2023 — Use these sample report card comments for report cards. We have comments for everything you'd want to tell parents about their student. 107 Report Card Comments to Use and Adapt Mar 17, 2023 — For example, you'll be able to take a 1st grade number sense comment ... Write 50 report card comments for students studying social studies in 5th ... 125 Report Card Comments - Education World It's report card time and you face the prospect of writing constructive, insightful, and original comments on a couple dozen report cards or more. Report Card comments Feb 10, 2008 — I googled "report card comments" and found a few neat sites with good examples. Here is a list of just about every comment imaginable. 15 Best Report Card Comments Samples 6 days ago — Example Report Card Comments · 1. \_\_\_\_\_ is an excellent student who always comes prepared for class. · 2. \_\_\_\_\_ is a smart and inquisitive ... 100 Report Card Comments You Can Use Now 100 report card comments you can use right now! Provide valuable and insightful feedback to parents and students with this comprehensive list. 325 amazing report card comments and remarks to save ... Apr 4, 2022 — What's more difficult than creating your student report cards? Writing unique and meaningful report card comments. Creating report card ... Second quarter Report Card Comments. First Quarter.

It has been a joy getting to know \_\_\_\_\_ this quarter. She is a kind and caring student who is always willing to ... 180 Report Card Comments for All Grades in 2023 May 4, 2023 — 180 Report Card Comments. Positive and negative report card comment demo. Copy to Text Blaze. enthusiastic positive always ready enthusiasm 2