

Nasm CPT Final Exam Study Guide

Questions and Answers with Verified Solutions Already Passed

Proprioception Correct Answer-The body's ability to sense the relative position of adjacent parts of the body

Ex: when walking our feet give us proprioception about the type of surface we are on.

Mechanoreceptors Correct Answer-specialized structures that recognize pressure in tissue and transmit signals to sensory nerves.

Muscle Spindles Correct Answer-sensory receptors in the muscles that are parallel to the muscle fibers and are sensitive to change in muscle length. Spindles stretch with muscle and sends information to CNS.

helps to prevent muscles from stretching too far or too fast

Golgi Tendon Organs Correct Answer-sensory receptors that are located at the point where the skeletal muscle fibers insert into the tendon. Sensitive to change in tension at the rate of change

causes the muscle to relax

Epimysium Correct Answer-connective tissue UNDER fascia that acts as an outer layer of the whole muscle

Perimysium Correct Answer-connective tissue acts as an outer layer of fascicles

Endomysium Correct Answer-between the individual muscle fibers

Type 1 Muscle Fiber Correct Answer-"slow-twitch", smaller in size, less force produced, long-term contractions (stabilization)

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M Carnoy



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Embracing the Track of Term: An Emotional Symphony within **Examination Study Guide Cpt 2013**

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