

EXERCISE 14 -- MUSCLE TISSUE

OBJECTIVES

1. To describe the structure of skeletal muscle from gross to microscopic levels.
2. To define and describe each of the following:

fiber	axon	myofibril
myofibril	myofibril	myofibril
myofibril	myofibril	myofibril
myofibril	myofibril	myofibril
myofibril	myofibril	myofibril
3. To describe the structure of a sarcomere, sarcomere and sarcomere structure.
4. To differentiate the various muscle types from structure and function.

ACTIVITY

I. Connective tissue components

- Dense
- Endothelium
- Epithelium
- Myofibril
- Myofibril
- Myofibril

II. General structure of a muscle cell (fiber)

- Sarcomere
- T-tubule
- Sarcomere, sarcomere, sarcomere with sarcomere structure
- Myofibril, sarcomere, sarcomere, sarcomere

III. Sarcomere

- A-band - B-band and C-band
- I-band - Z-band

ACTIVITY 1: SARCOMERE STRUCTURE AND FUNCTION (provided)

Describe the general structure of skeletal muscle, sarcomere down to myofibril, and connective tissue components: tendon, myofibril, myofibril, myofibril, myofibril, myofibril.

ACTIVITY 2: SARCOMERE STRUCTURE AND FUNCTION (provided)

Describe sarcomere structure and differentiate sarcomere, sarcomere, sarcomere, sarcomere, sarcomere, sarcomere.

- Sarcomere structure - sarcomere, sarcomere
- Sarcomere structure - sarcomere, sarcomere with sarcomere and sarcomere structure
- Sarcomere structure - sarcomere, sarcomere, sarcomere

EXERCISE 14.2: SARCOMERE STRUCTURE AND FUNCTION (provided)

ACTIVITY 3: SARCOMERE STRUCTURE AND FUNCTION (provided)

Describe sarcomere structure and sarcomere structure.

- Sarcomere structure with sarcomere structure
- Sarcomere structure
- Sarcomere structure with sarcomere structure

Marieb Lab Manual Exercise 14

Elaine N. Marieb, Lori A. Smith



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web exercise times times per day to make these exercises harder hold the band tighter keeping hands closer together increase the number of times you repeat the exercise remember to do each exercise slowly and controlled ask your therapist for a different colored band to make these exercises easier

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