

Knee-Jerk Reflex

- 1- the reflex is initiated artificially by tapping the tendon connected to the quad
- 2- sensors detect a sudden stretch in the quad
- 3- sensory neurons convey the info to the spinal cord
- 4- in response to signals from the sensory neurons, motor neurons convey signals to the quad, causing it to contract and jerking the lower leg forward
- 5- sensory neurons also communicate with interneurons in the spinal cord
- 6- the interneurons inhibit motor neurons that lead to the hamstring muscle. This inhibition prevents contraction of the hamstring which would resist the action of the quad

50.5 The Physical Interaction of Protein Filaments is Required for Muscle Function

Vertebrate Skeletal Muscle

- skeletal muscle**: attached to the bones and is responsible for their movement
- skeletal muscles consist of a bundle of long fibers running parallel to the length of the muscle and each fiber is a single cell with many nuclei, reflecting its formation by the fusion of many embryonic cells
- a muscle fiber contains a bundle of smaller **myofibrils** arranged longitudinally
 - myofibrils composed of thin filaments and thick filaments
 - thin filaments**: 2 strands of actin & 2 strands of a regulatory protein coiled around one another
 - thick filaments**: staggered arrays of myosin molecules
- skeletal muscle is also **striated muscle** because of the regular arrangement of the filaments creates a pattern of light and dark bands
 - each repeating unit is a **sarcomere**, the basic contractile unit of the muscle
- in a muscle fiber at rest, thick and thin filaments only partially overlap

The Sliding-Filament Model of Muscle Contraction

- neither the thin filaments nor the thick filaments change in length when the sarcomere shortens; rather, the filaments slide past each other longitudinally, increasing the overlap of the thin and thick filaments
- sliding of filaments based on the interaction between the myosin and actin molecules that make up the thick and thin filaments
- each myosin molecule consists of a long tail region and a globular head region extending at the side
- the tail adheres to the tails of other myosin molecules that form the thick filament
- head center that powers muscle contractions
- it can bind ATP and hydrolyze it into ADP and phosphate
- hydrolysis of ATP converts myosin to a high-energy form that can bind to actin, form a cross-bridge, and pull the thin filament toward the center of the sarcomere
- cross bridge is broken when a new molecule of ATP binds to the myosin head
- in a repeating cycle, the free head cleaves the new ATP and attaches to a new binding site on another actin molecule farther along the thin filament
- a typical muscle fiber at rest contains only enough ATP for a few contractions...energy needed for repetitive contractions is stored in creatine phosphate and glycogen
 - creatine phosphate can transfer a phosphate group to ADP → ATP
- the resting supply of creatine phosphate is sufficient to sustain contractions for about 15 seconds....glycogen → glucose and energy used to generate ATP
- Myosin-actin interactions underlying muscle fiber contraction
 - 1- the myosin head is bound to ATP and is in its low energy configuration
 - 2- the myosin head hydrolyzes ATP to ADP and Pi and is in its high energy configuration
 - 3- the myosin head binds to actin, forming a cross bridge
 - 4- releasing ADP and Pi myosin returns to its low energy configuration, sliding the thin filament
 - 5- Binding of a new molecule of ATP releases the myosin head from actin, and a new cycle begins

The Role of Calcium and Regulatory Proteins

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contexts that addressed the issue of revisiting the assessment of language abilities such as Tunisia Ukraine Algeria Russia KSA Sudan Egypt Canada Kurdistan UK USA Iran Turkey etc These contexts have highlighted the necessity to revisit the different constructs which should be assessed with a clear and straightforward foundation on students learning objectives and their actual language ability To do so most of the chapters present hands on use of relevant statistical tests that might serve in revisiting the construct definition both theoretically and operationally Perhaps the sole and intricate question that the authors of these contributions ask is what it means to revisit the assessment of the construct of individualized language ability and how In addition the book accentuates the momentousness and significance of reflecting on test fairness and validation as the mainspring and backbone for democratization of assessment This book appeals to a broad readership such as English Language Teaching ELT practitioners language teachers students testing organizations policy makers test designers writers of test specifications testing experts researchers program evaluators especially in the Middle East and North Africa MENA as well as other international contexts

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