Muscular system

Muscles are soft tissues composed of tubular cells called myocytes

Half of the body weight is muscle tissue. Male – 40% & female – 32%

Properties of muscles

- 1. Contractibility: muscle pulls & shorten with force
- Excitability: from polarized to depolarized
- 3. Elasticity: return to original length during relaxation
- Extensibility: can stretch or extend

Functions of Muscles

- 1) Produce movement
- 2) Maintain posture
- Stabilize joints
- 4) Produce heat

Types of muscles



Classification of muscles



Connective Tissue Layers of Muscle



Muscle Fiber

Muscle Fiber: a single cylindrical muscle cell

Myofibril: a basic rod-like organelle of a muscle cell.

Sarcomere: the basic contractile unit of muscle fiber exists from Zline to Z-line. It is responsible for striation.



A band: dark band (overlapping thick & thin filaments)

band: light band (Thin filaments only

Z disc: the lateral borders of sarcomeres and are the smallest functional units in striated muscle.

H zone: is in the center of the A band where there is no overlap between the thick and the thin filaments.

M line: attachment site for the thick filaments

Short research the contractite exercise in the enoughness

Human Muscular System Study Guide

Shasha Hu

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