

# Muscle Contraction

ACSC009: Integrated Physiology: A Physiology 1000 Lab Activity

## Background

### Muscle Cell Structure

Muscle cells are specialized to produce lots of energy. Muscle is primarily a mitochondria-rich tissue for the production of using cytochrome oxidase (aerobic). The cell membrane is highly folded called the sarcolemma. The cytoplasm is the sarcoplasm, and the myofibrils extend to the end of the sarcolemma (M线). Glycogen from the sarcoplasm enters the sarcoplasm and M线 are called sarcoplasmic reticulum. The T tubule allows for electrical coupling between myofibrils for the contraction directly to the M线. Coupling is called calcium release and release is called calcium. Muscle cells are made up of myofibrils that contract and release calcium, make up of two main proteins - myosin and actin.



### Three Major Parts

Muscle is made up of three major parts: myofibrils, sarcomeres, and myofibrils. Each myofibril is made up of many sarcomeres. A sarcomere is the basic unit of muscle contraction. It is made up of actin and myosin filaments. The actin filaments are thin and the myosin filaments are thick. The myosin filaments have heads that can pull the actin filaments towards the center of the sarcomere. This causes the sarcomere to shorten and the muscle to contract.

### Muscle Contraction

A muscle contraction is a complicated system and can differ according to the type of contraction and the type of muscle tissue. The following table describes the different types of muscle contraction according to the sliding filament theory.

#### Types of Muscle Contraction

1	1. The muscle is relaxed and the myofibrils are not contracted.	
2	2. The myofibrils are contracted and the myofibrils are not contracted. The myofibrils are contracted and the myofibrils are not contracted.	
3	3. The myofibrils are contracted and the myofibrils are not contracted. The myofibrils are contracted and the myofibrils are not contracted.	
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