

## Muscular System Study Guide

The test will be over the following sections from the book and notes: Overview of muscle tissue, Muscle Functions, Microscopic anatomy of skeletal muscles, Nerve stimulus and the action potential, The sliding filament theory. Please be sure to study these sections and be ready for a quiz over them. Below are some questions that might help guide your studying. The first part are ones that I made up. The second part are questions that fellow students made up.

### Standards

- 1) Describe how an action potential is initiated in a muscle cell.
- 2) Describe the events of muscle cell contraction.
- 3) Define *origin*, *insertion*, *prime mover*, *antagonist*, *synergist*, and *fixator* as they relate to muscles.
- 4) Demonstrate or identify the different types of body movements.
- 5) List some criteria used in naming muscles.
- 6) Describe the changes that occur in aging muscles.

### Basic Study Questions

- 7) What does the muscular system consist of?
- 8) List 4 functions of muscles. *Produces movement, maintains posture, stabilizes joints, and generates heat.*
- 9) What is the main/essential function of muscles? *Contraction or to shorten.*
- 10) Muscles cells are also called *muscle fibers*
- 11) Identify/name the 3 types of muscles found in the human body. *Skeletal, smooth, cardiac*
- 12) What are the major characteristics of each of the 3 types of muscles?  
*Skeletal – attached to bones, striated, cylindrical, multinucleated, voluntary*  
*Cardiac – walls of the heart, branching cells, striated, uninucleated, involuntary*  
*Smooth – walls of hollow organs, non-striated, cigar shaped, uninucleated, involuntary*
- 13) Identify the muscle types that are involuntary? *See above*
- 14) Identify the muscle types that are voluntary? *See above*
- 15) All muscles are striated. (True or False) *False*
- 16) What are the different parts of a skeletal muscle? *Epimysium, perimysium, fascicle, endomysium*
- 17) How is a fascicle different from a muscle fiber? *A fascicle is made up of many fibers.*
- 18) What is the difference between Endomysium, perimysium, and an epimysium?  
*Endomysium – connective tissue sheath around the muscle fiber*  
*Perimysium – coarse fibrous membrane that wraps the fascicle*  
*Epimysium – tough outer covering of connective tissue around the entire muscle*
- 19) Identify the 2 main proteins that makeup muscle fibers.  
*Actin and Myosin*
- 20) Where is each type of protein, in the previous question, located within the muscle fiber?  
*Actin – z-line(thin filament), I band*  
*Myosin – A band (thick filament)*
- 21) Explain the “Sliding Filament Theory” in terms of how muscles contract.  
*See poster activity*
- 22) What role does myosin play in muscle contraction?  
*It has heads that reach out and attach to the actin. These heads then pull the actin strands toward each other.*
- 23) What role does actin play in muscle contraction?  
*It acts as a base that the myosin heads and bind to.*
- 24) What is the place where thin filaments are anchored to called? *Z-disc*
- 25) What is an A-band/ I-band/H-zone?  
*A-band – the section of myofibril that contains the entire length of the myosin protein.*  
*I –band – the section of myofibril that contains only the actin proteins.*  
*H-zone – the section of the myofibril that appears to have a space that appears to disappear when the muscle is contracted.*

# Muscular System Study Guide

**Mike Jess**



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## Unveiling the Power of Verbal Art: An Mental Sojourn through **Muscular System Study Guide**

In a world inundated with screens and the cacophony of instant transmission, the profound energy and mental resonance of verbal artistry usually disappear into obscurity, eclipsed by the continuous barrage of noise and distractions. However, set within the musical pages of **Muscular System Study Guide**, a charming perform of literary splendor that impulses with raw emotions, lies an unique journey waiting to be embarked upon. Written by a virtuoso wordsmith, that magical opus manuals visitors on a mental odyssey, gently revealing the latent possible and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is central styles, dissect their charming writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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