

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.

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Table of Contents Muscular System Guided And Study Workbook

1. Understanding the eBook Muscular System Guided And Study Workbook
 - The Rise of Digital Reading Muscular System Guided And Study Workbook
 - Advantages of eBooks Over Traditional Books
2. Identifying Muscular System Guided And Study Workbook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Muscular System Guided And Study Workbook
 - User-Friendly Interface
4. Exploring eBook Recommendations from Muscular System Guided And Study Workbook
 - Personalized Recommendations
 - Muscular System Guided And Study Workbook User Reviews and Ratings
 - Muscular System Guided And Study Workbook and Bestseller Lists
5. Accessing Muscular System Guided And Study Workbook Free and Paid eBooks
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 - Muscular System Guided And Study Workbook eBook Subscription Services
 - Muscular System Guided And Study Workbook Budget-Friendly Options

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 - Muscular System Guided And Study Workbook Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Muscular System Guided And Study Workbook
 - Highlighting and Note-Taking Muscular System Guided And Study Workbook
 - Interactive Elements Muscular System Guided And Study Workbook
8. Staying Engaged with Muscular System Guided And Study Workbook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Muscular System Guided And Study Workbook
9. Balancing eBooks and Physical Books Muscular System Guided And Study Workbook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Muscular System Guided And Study Workbook
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Muscular System Guided And Study Workbook
 - Setting Reading Goals Muscular System Guided And Study Workbook
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Muscular System Guided And Study Workbook
 - Fact-Checking eBook Content of Muscular System Guided And Study Workbook
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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