

Muscular System Review Guide

1. List **AND** describe the functions of skeletal muscles.
 - movement
 - posture
 - supports soft tissue
 - Guards entrances and exits
 - provides heat/maintains body temperature
 - storage of minerals
2. List **AND** describe the characteristics of skeletal muscle.
 - responsiveness, conductivity ,contractility ,extensibility ,elasticity
3. What are two other names for a muscle fiber?
 - Muscle fiber
 - Myofiber
 - Myocyte
4. Describe the number and location of nuclei in a myofiber.
 - Have many nuclei just beneath the sarcolemma
5. Muscle cells are packed full of which type of protein filament?
 - myofibrils
6. Make sure you understand the difference between a myofiber and a myofibril!
 - Myofiber is a single muscle cell
 - Myofibril is bundles of protein filaments that cause contraction
7. What is another name for the muscle cytoplasm?
 - sarcoplasma
8. What is another name for the plasma membrane of a myofiber?
 - sarcolemma
9. Describe the location of the T tubules, sarcoplasmic reticulum, and terminal cisternae.
 - Purple lines on diagram
 - Tunnel-like unfolding's the penetrate the cell forming the sarcolemma (cell membrane) circles around myofibrils
10. What is the function of each of these structures?
11. What is a "triad" referring to?
 - A skeletal muscle substructure responsible for the regulation of excitation-contraction coupling
12. Label the connective tissue wrappings of a skeletal muscle.
 - Endomysium Perimysium Epimysium
13. What is an aponeurosis? Where are some regions in the human body might you find one?
 - Flat sheets of connective tissue in your body that are similar to tendons, they cover your muscles and help connect your muscles to your bones and cartilage. You have it all over your body
14. How does an aponeurosis differ from a tendon?
 - Aponeurosis is made of layers of delicate thin sheaths, primarily bundles of collagen fibers distributed in regular patterns
 - Tendons are tough and rope like
15. What is the name given to the contractile unit of muscle?
 - The sarcomere
16. What protein is the thin filament made of?
 - Actin
17. What protein is the thick filament made of?
 - myosin
18. What exactly is a cross bridge?

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National Ski Patrol



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straightforward consistent patient assessment process The patient assessment process is presented in the same way patients are assessed in the health care system Flowcharts are provided throughout the Patient Assessment chapter to keep the reader focused on each step of the process Up to date content As you read through each chapter you will find new information that is current with present prehospital patient care Subject matter that meets and in many cases exceeds the National Emergency Medical Responder criteria Information unique for ski and bicycle patrollers including extrication is included This material is presented in a format that combines the disciplines of urban EMS and wilderness medical rescue Continuous case studies A continuous case study is included in each chapter to encourage critical thinking and application of the information as readers progress through the chapter End of chapter review questions The review questions included at the end of each chapter allow students to evaluate the knowledge they have gained while reading the chapter Focus on learning objectives Specific objectives listed at the beginning of each chapter tell students at the outset what they are expected to learn as they move through the chapter

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