

Chapter 6 Objectives: The Muscular System

Because flexing muscles look like mice scurrying beneath the skin, some scientist long ago dubbed them *muscles*, from the Latin word *mus* meaning "little mouse." Indeed, the rippling muscles of professional boxers or weight lifters is often the first thing that comes to mind when one hears the word muscle. But muscle is also the dominant tissue in the heart and in the walls of other hollow organs of the body. In all its forms, it makes up nearly half the body's mass.

The essential function of muscle is *contraction*, or *shortening*-a unique characteristic that sets it apart from any other body tissue. As a result of this ability, muscles are responsible for essentially all body movement and can be viewed as the "machines" of the body.



Objective Checklist

Overview of Muscle Tissues

- Describe similarities and differences in the structure and function of the three types of muscle tissue and indicate where they are found in the body.
- Define *muscular system*.
- Define and explain the role of the following: *endomysium*, *perimysium*, *epimysium*, *tendon*, and *aponeurosis*.

Microscopic Anatomy of Skeletal Muscle

- Describe the microscopic structure of skeletal muscle and explain the role of actin- and myosin-containing myofilaments.

Skeletal Muscle Activity

- Describe how an action potential is initiated in a muscle cell.
- Describe the events of muscle cell contraction.
- Define *graded response*, *tetanus*, *isotonic* and *isometric contractions*, and *muscle tone* as these terms apply to a skeletal muscle.
- Describe three ways in which ATP is regenerated during muscle activity.
- Define *oxygen debt* and *muscle fatigue* and list possible causes of muscle fatigue.
- Describe the effects of aerobic and resistance exercise on skeletal muscles and other body organs.

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