

Muscular system

Muscles are soft tissues composed of tubular cells called myocytes

Half of the body weight is muscle tissue. Male – 40% & female – 32%

Properties of muscles

1. Contractibility: muscle pulls & shorten with force
2. Excitability: from polarized to depolarized
3. Elasticity: return to original length during relaxation
4. Extensibility: can stretch or extend

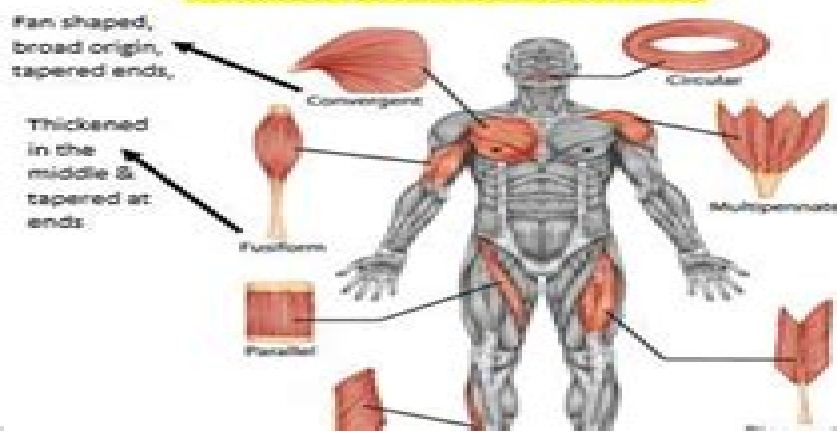
Functions of Muscles

- 1) Produce movement
- 2) Maintain posture
- 3) Stabilize joints
- 4) Produce heat

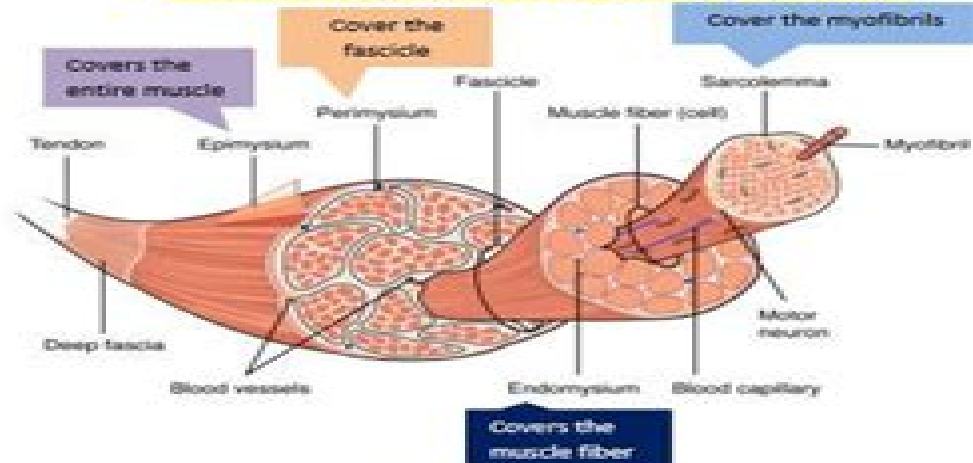
Types of muscles

	Main features	Histology
Skeletal muscle	- Fibers: striated, tubular and multi nucleated - Voluntary - Usually attached to skeleton	
Smooth muscle	- Fibers: non-striated, spindle-shaped, and uninucleated - Involuntary - Usually covering wall of internal organs	
Cardiac muscle	- Fibers: striated, branched and uninucleated - Involuntary - Only covering walls of the heart	

Classification of muscles



Connective Tissue Layers of Muscle

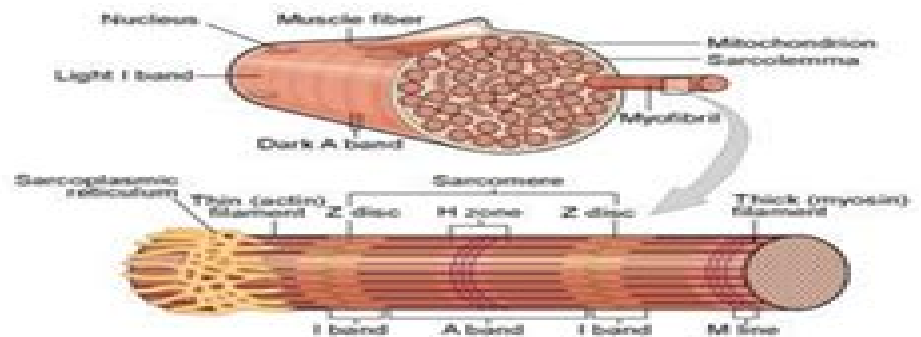


Muscle Fiber

Muscle Fiber: a single cylindrical muscle cell

Myofibril: a basic rod-like organelle of a muscle cell.

Sarcomere: the basic contractile unit of muscle fiber exists from Z-line to Z-line. It is responsible for striation.



A band: dark band (overlapping thick & thin filaments)

I band: light band (Thin filaments only)

Z disc: the lateral borders of sarcomeres and are the smallest functional units in striated muscle.

H zone: is in the center of the A band where there is no overlap between the thick and the thin filaments.

M line: attachment site for the thick filaments

Human Muscular System Study Guide

Rosina Ehmann



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Table of Contents Human Muscular System Study Guide

1. Understanding the eBook Human Muscular System Study Guide
 - The Rise of Digital Reading Human Muscular System Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Human Muscular System Study Guide
 - 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 Human Muscular System Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Human Muscular System Study Guide
 - Personalized Recommendations
 - Human Muscular System Study Guide User Reviews and Ratings
 - Human Muscular System Study Guide and Bestseller Lists
5. Accessing Human Muscular System Study Guide Free and Paid eBooks
 - Human Muscular System Study Guide Public Domain eBooks
 - Human Muscular System Study Guide eBook Subscription Services
 - Human Muscular System Study Guide Budget-Friendly Options
6. Navigating Human Muscular System Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Human Muscular System Study Guide Compatibility with Devices
- Human Muscular System Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Human Muscular System Study Guide
 - Highlighting and Note-Taking Human Muscular System Study Guide
 - Interactive Elements Human Muscular System Study Guide
- 8. Staying Engaged with Human Muscular System Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Human Muscular System Study Guide
- 9. Balancing eBooks and Physical Books Human Muscular System Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Human Muscular System Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Human Muscular System Study Guide
 - Setting Reading Goals Human Muscular System Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Human Muscular System Study Guide
 - Fact-Checking eBook Content of Human Muscular System Study Guide
 - 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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