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
- Excitability: from polarized to depolarized
- 3. Elasticity: return to original length during relaxation
- Extensibility: can stretch or extend

Functions of Muscles

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

Types of muscles



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 Zline to Z-line. It is responsible for striation.



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

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

Short research the contractite exercise in the enoughness

Human Muscular System Study Guide

Judd E. Hollander

Human Muscular System Study Guide:

Reviewing Human Muscular System Study Guide: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Human Muscular System Study Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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