

# MUSCULAR SYSTEM STUDY GUIDE

## INCLUDED:

### Muscular System Unit + Assessment Review + ANSWER KEY

This study guide is designed to support your learning and enhance your understanding of the muscular system. It offers detailed insights, its purpose is to ensure that a student could more than discuss a topic or subject of the muscular system and its components. This is not a simple assignment, but a comprehensive review that is designed to give you a solid understanding of the muscular system and its components. It is designed to give you a solid understanding of the muscular system and its components.

#### Section I: Introduction to the Muscular System

1. What are the four primary responsibilities of muscle?
  - Support: Muscles maintain movement of the body and organs.
  - Movement: Muscles help maintain posture and control movement.
  - Heat Production: Muscles generate heat during contraction, contributing to body temperature regulation.
  - Protection: Muscles provide support and stability to joints.
2. Describe how muscle function is affected by the nervous system.
  - The nervous system sends signals to muscles to contract, allowing the body to move and respond to its environment.
3. Approximately how many skeletal muscles do humans have?
  - Humans have approximately 650 skeletal muscles.
4. Name the three types of muscle tissue.
  - Skeletal muscle
  - Cardiac muscle
  - Smooth muscle

#### Section II: Anatomy of the Muscular System

1. List four characteristics of skeletal muscle.
  - Excitability
  - Contractility
  - Extensibility
  - Elasticity
2. What are the two types of skeletal muscle fibers?
  - Longitudinal fibers (containing the nuclei of the nuclei)
  - Circular fibers (containing the nuclei)



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33 straightforward  
questions aligned  
with key learning  
objectives for the  
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**Kevin T. Patton, Gary A.  
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