

Muscular System Study Guide

The test will be over the following sections from the book and notes: Overview of muscle tissue, Muscle Functions, Microscopic anatomy of skeletal muscles, Nerve stimulus and the action potential, The sliding filament theory. Please be sure to study these sections and be ready for a quiz over them. Below are some questions that might help guide your studying. The first part are ones that I made up. The second part are questions that fellow students made up.

Standards

- 1) Describe how an action potential is initiated in a muscle cell.
- 2) Describe the events of muscle cell contraction.
- 3) Define *origin*, *insertion*, *prime mover*, *antagonist*, *synergist*, and *fixator* as they relate to muscles.
- 4) Demonstrate or identify the different types of body movements.
- 5) List some criteria used in naming muscles.
- 6) Describe the changes that occur in aging muscles.

Basic Study Questions

- 7) What does the muscular system consist of?
- 8) List 4 functions of muscles. *Produces movement, maintains posture, stabilizes joints, and generates heat.*
- 9) What is the main/essential function of muscles? *Contraction or to shorten.*
- 10) Muscles cells are also called _____ *muscle fibers*
- 11) Identify/name the 3 types of muscles found in the human body. *Skeletal, smooth, cardiac*
- 12) What are the major characteristics of each of the 3 types of muscles?
Skeletal – attached to bones, striated, cylindrical, multinucleated, voluntary
Cardiac – walls of the heart, branching cells, striated, uninucleated, involuntary
Smooth – walls of hollow organs, non-striated, cigar shaped, uninucleated, involuntary
- 13) Identify the muscle types that are involuntary? *See above*
- 14) Identify the muscle types that are voluntary? *See above*
- 15) All muscles are striated. (True or False) *False*
- 16) What are the different parts of a skeletal muscle? *Epimysium, perimysium, fascicle, endomysium*
- 17) How is a fascicle different from a muscle fiber? *A fascicle is made up of many fibers.*
- 18) What is the difference between Endomysium, perimysium, and an epimysium?
Endomysium – connective tissue sheath around the muscle fiber
Perimysium – coarse fibrous membrane that wraps the fascicle
Epimysium – tough outer covering of connective tissue around the entire muscle
- 19) Identify the 2 main proteins that makeup muscle fibers.
Actin and Myosin
- 20) Where is each type of protein, in the previous question, located within the muscle fiber?
Actin – z-line(thin filament), I band
Myosin – A band (thick filament)
- 21) Explain the “Sliding Filament Theory” in terms of how muscles contract.
See poster activity
- 22) What role does myosin play in muscle contraction?
It has heads that reach out and attach to the actin. These heads then pull the actin strands toward each other.
- 23) What role does actin play in muscle contraction?
It acts as a base that the myosin heads and bind to.
- 24) What is the place where thin filaments are anchored to called? *Z-disc*
- 25) What is an A-band/ I-band/H-zone?
A-band – the section of myofibril that contains the entire length of the myosin protein.
I –band – the section of myofibril that contains only the actin proteins.
H-zone – the section of the myofibril that appears to have a space that appears to disappear when the muscle is contracted.

Study Guide Questions For The Muscular System

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Table of Contents Study Guide Questions For The Muscular System

1. Understanding the eBook Study Guide Questions For The Muscular System
 - The Rise of Digital Reading Study Guide Questions For The Muscular System
 - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide Questions For The Muscular System
 - 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 Study Guide Questions For The Muscular System
 - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide Questions For The Muscular System
 - Personalized Recommendations
 - Study Guide Questions For The Muscular System User Reviews and Ratings
 - Study Guide Questions For The Muscular System and Bestseller Lists
5. Accessing Study Guide Questions For The Muscular System Free and Paid eBooks
 - Study Guide Questions For The Muscular System Public Domain eBooks
 - Study Guide Questions For The Muscular System eBook Subscription Services
 - Study Guide Questions For The Muscular System Budget-Friendly Options
6. Navigating Study Guide Questions For The Muscular System eBook Formats
 - ePub, PDF, MOBI, and More
 - Study Guide Questions For The Muscular System Compatibility with Devices
 - Study Guide Questions For The Muscular System Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Study Guide Questions For The Muscular System
 - Highlighting and Note-Taking Study Guide Questions For The Muscular System
 - Interactive Elements Study Guide Questions For The Muscular System
8. Staying Engaged with Study Guide Questions For The Muscular System

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Study Guide Questions For The Muscular System
- 9. Balancing eBooks and Physical Books Study Guide Questions For The Muscular System
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Study Guide Questions For The Muscular System
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Study Guide Questions For The Muscular System
 - Setting Reading Goals Study Guide Questions For The Muscular System
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Study Guide Questions For The Muscular System
 - Fact-Checking eBook Content of Study Guide Questions For The Muscular System
 - 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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