

MUSCULAR SYSTEM

Types of Muscles

Skeletal

- attached to bones
- striated
- voluntary

Cardiac

- located in the heart
- striated
- involuntary

Smooth

- located in blood vessel, hollow organs
- non-striated
- involuntary

Functions of Muscular System

1. Movement of the body.
2. Maintenance of posture.
3. Respiration
4. Production of body heat
5. Communication
6. Constriction of organs and vessels
7. Contraction of the heart

Functional Characteristics of Muscles

1. **Contractility** – ability to **shorten** forcefully
2. **Excitability** – capacity to **respond** to a stimulus
3. **Extensibility** – ability to be **stretched** to its normal resting length and still be able to **contract**
4. **Elasticity** – ability to **recoil** to their original resting length

Whole Skeletal Muscle Anatomy

Skeletal Muscle

- Constitutes approx. **40%** of body weight
- Muscles are attached to the skeletal system, some is attached to skin or connective tissue sheets
- Also called **Striated Muscle**; transverse bands or striations
- Individual skeletal muscles, such as the biceps brachii, are complete organs, as a result of being comprised of several tissues: muscle, nerve, and connective tissue.

Connective Tissue Coverings

Epimysium/Muscular fascia – connective tissue sheath that surrounds a skeletal muscle

Fascicles – groups of muscle cells that make up skeletal muscle

Perimysium – loose connective tissue that surrounds each fascicle

Endomysium – loose connective tissue covering that surrounds each skeletal muscle fiber

Skeletal Muscle Fiber Anatomy

Muscle fibers – a large cell with several muscle cells; nuclei located at its periphery

- range in length 1mm to 30cm
- alternating light and dark bands give muscle fibers a striated appearance
- number of muscle fiber remains constant after birth
- enlargement of muscles: increase in size not in fiber number

Electrical Component Structures

Sarcolemma – cell membrane of the muscle fiber

Transverse tubules (T tubules) – tube-like invaginations or inward folds which occur at regular intervals along the muscle fiber

Sarcoplasmic reticulum – T tubules that are associated with enlarged portion of smooth E.R.

Terminal Cisternae – enlarged portion

Muscle Triad – 2 terminal cisternae and their associated T tubule

Sarcoplasmic Reticulum - has a relatively high concentration of Ca^{2+} ; major role in muscle contraction

Sarcoplasm – cytoplasm of a muscle fiber

Myofibrils – bundles of protein filaments

- **Actin Myofilaments** - (thin filaments; purple)
- **Myosin Myofilaments** - (thick filaments; green)

Sarcomere – arranged repeating units of actin + myosin myofilaments; provide mechanical aspect of muscle contraction

- basic structural and functional unit of skeletal muscle
- joined end to end to create **myofibrils**

Z disks – network of protein fibers forming an anchor for actin myofilaments and separate one sarcomere from the next

- organization of actin and myosin myofilaments gives skeletal muscle its **striated** appearance and gives it the **ability to contract**
- myofilaments slide past each other, causing sarcomeres to shorten
- consists of 2 **light-staining bands** separated by **dark-staining band**

I bands – consists of actin myofilaments; extend from Z disk to the ends of myosin myofilaments

A bands – dark staining bands, extends the length of myosin filaments

Muscle contraction - actin and myosin overlap on both ends of the A band

H zone – second light zone that consists of myosin myofilaments

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Mark Steyvers



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