

Muscular System Part 1

Muscle Types

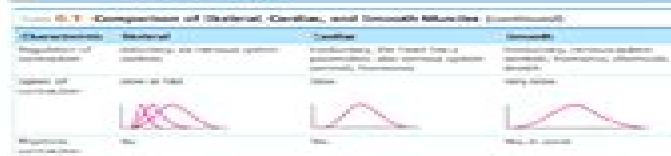
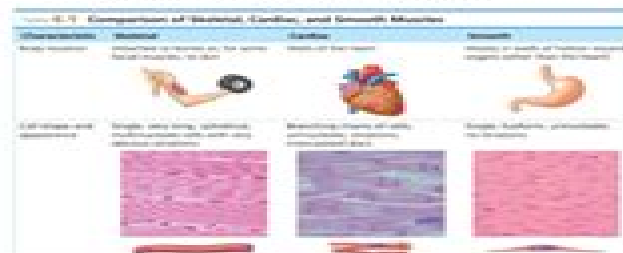
- Muscles are responsible for all types of body movement
- Three basic muscle types are found in the body
 1. **Skeletal muscle**
 2. **Cardiac muscle**
 3. **Smooth muscle**

Skeletal and smooth muscle cells are elongated (muscle cell = muscle fiber)

- Contraction and shortening of muscles are due to the movement of microfilaments

All muscles share some terminology

- Prefixes **myo-** and **mys-** refer to "muscle"
- Prefix **sarco-** refers to "flesh"

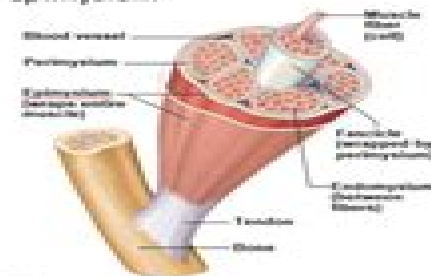


Skeletal muscle

- Most skeletal muscle fibers are attached by tendons to bones
- Skeletal muscle cells are large, cigar-shaped, and multinucleate
- Also known as **striated muscle** because of its obvious stripes
- Also known as **voluntary muscle** because it is the only muscle tissue subject to conscious control

Skeletal muscle cells are surrounded and bundled by connective tissue

- **Endomysium**—encloses a single muscle fiber
- **Perimysium**—wraps around a fascicle (bundle) of muscle fibers
- **Epimysium**—covers the entire skeletal muscle
- **Fascia**—on the outside of the epimysium

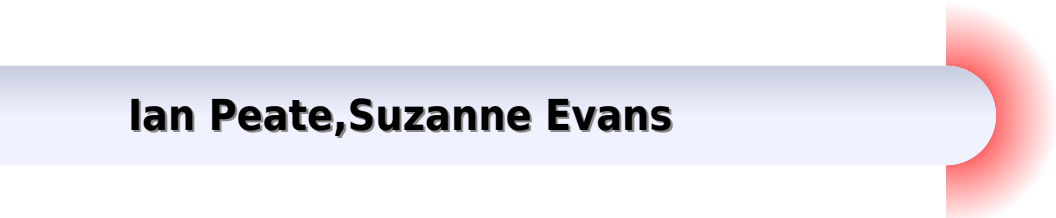


The epimysium of skeletal muscle blends into a connective tissue attachment

- **Tendons**—cordlike structures
 - o Mostly collagen fibers
 - o Often cross a joint because of their toughness and small size
- **Aponeuroses**—sheetlike structures
 - o Attach muscles indirectly to bones, cartilages, or connective tissue coverings

Anatomy And Physiology Chapter 6 Muscular System 95

Ian Peate, Suzanne Evans



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