

Muscular System Study Guide

1. Label the diagram to the right with: *fascicle, tendon, muscle fiber, endomysium, epimysium, perimysium.*

2. Place the following words in order from largest to smallest: *fascicle, myofilament, myofibril, myofiber (muscle cell), sarcomere*

3. List the 5 functions of the muscular system

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

4. Label the following: *sarcomere,, myosin, and actin* on the figure to the right.

5. Thick filament fibers in myofibrils are _____ while thin filaments are called _____.

6. For each step in the diagram describe the state of contraction for the sarcomere.

- a) Sarcomere is _____
- b) Sarcomere is beginning to _____
 - _____ slides toward the center, as it is pulled by the _____ crossbridges
- c) Sarcomere is _____

7. _____ is the neurotransmitter that is released to stimulate the muscle.

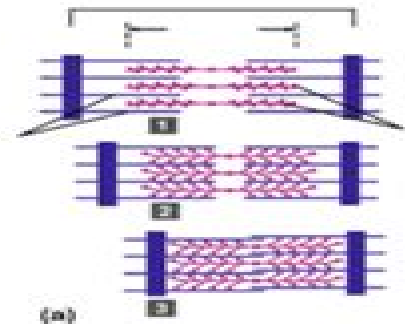
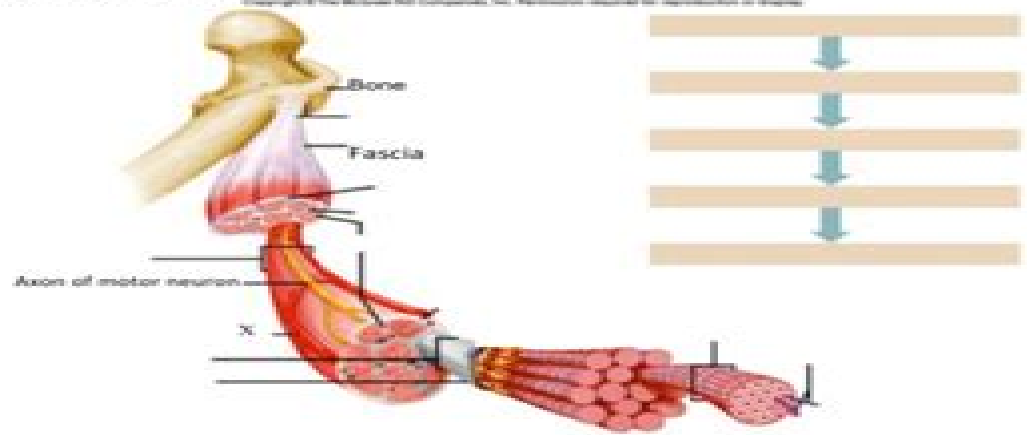
8. What two ions are exchanged when the neurotransmitter opens the gates on the membrane of the muscle fiber? _____ & _____

9. What ion is stored by the sarcoplasmic reticulum and starts muscle contraction? _____

10. Place the following steps in order of how a muscle contracts

- a) neuron releases a neurotransmitter to stimulate the muscle
- b) myosin heads attach to the actin filaments
- c) ATP is converted to ADP when the myosin head change shape pulling the actin filament
- d) Myosin heads pull the actin filament together
- e) Sarcoplasmic reticulum release calcium ions

11. Describe the sliding filament theory of muscle contraction.



Anatomy And Physiology Muscular System Study Guide

Edith Applegate



Anatomy And Physiology Muscular System Study Guide:

Study Guide for The Anatomy and Physiology Learning System Edith Applegate, 2010-03-30 Designed to accompany The Anatomy and Physiology Learning System 4th Edition by Edith Applegate this study guide helps you learn and review basic A P concepts Each chapter emphasizes medical terminology with a set of key terms word parts clinical terms and abbreviations and then adds a variety of fun filled learning exercises review questions a quiz and a word puzzle The study guide corresponds to the textbook chapter for chapter Chapter learning objectives help you focus on the most important material Key concepts are defined on the first page of each chapter in the workbook Learning exercises for each chapter include short answer matching and diagrams to label and color Self quizzes allow you to measure your progress and understanding Fun and Games features end each chapter with a variety of engaging puzzles covering words and concepts A chapter summary provides a brief review of each chapter A chapter review provides questions for reinforcement and review of the concepts in each chapter

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