# Muscular System Study Guide

- Label the diagram to the right with: fascile, tendon, muscle fiber, endomysium, epimysium, perimysium,
- Place the following words in order from largest to smallest: fascicle, myofilament, myofibril, myofiber (muscle cell), sarcomere
- List the 5 functions of the muscular system



- 4. Label the following: sarcomere,, myosin, and actin on the figure to the right.
- Thick filament fibers in myofibrils are \_\_\_\_\_ while thin filaments are called \_\_\_\_\_.
- 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 \_\_\_\_\_ slides toward the center, as it is pulled to the \_\_\_\_ crossbridges
  - c) Sarcomere is \_\_\_\_\_



- is the neurotransmitter that is released to stimulate the muscle.
- 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**

**Andrew Case** 

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