

6 THE MUSCULAR SYSTEM

21

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Muscles, the specialized tissues that facilitate body movement, make up about 40% of body weight. Most body muscle is the voluntary type, called **skeletal muscle** because it is attached to the bony skeleton. Skeletal muscle contributes to body contours and shape, and it composes the organ system called the **muscular system**. These muscles allow you to grin, frown, run, swim, shake hands, swing a hammer, and to otherwise manipulate your environment. The **balance** of body muscle consists of **smooth** and **cardiac muscles**, which form the bulk of the walls of hollow organs and the heart. Smooth and cardiac muscles are involved in the transport of materials within the body.

Study activities in this chapter deal with microscopic and gross structure of muscle, identification of voluntary muscles, body movements, and important understandings of muscle physiology.

OVERVIEW OF MUSCLE TISSUES

1. Nine characteristics of muscle tissue are listed below and on page 104. Identify the muscle tissue type described by choosing the correct response(s) from the key choices. Enter the appropriate term(s) or letter(s) of the key choice in the answer blank.

Key Choices

A. Cardiac

B. Smooth

C. Skeletal

1. Involuntary
✓ Cardiac, Smooth
2. Banded appearance
✓ Cardiac, Skeletal
3. Longitudinally and circularly arranged layers
✓ Smooth
4. Dense connective tissue packaging
✓ Skeletal
5. Figure eight packaging of the cells
✓ Cardiac
6. Coordinated activity to act as a pump
✓ Cardiac

60

Anatomy Packet And Answers

Martin Caon



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Teaching Anatomy Lap Ki Chan, Wojciech Pawlina, 2015-01-29 *Teaching Anatomy A Practical Guide* is the first book designed to provide highly practical advice to both novice and experienced gross anatomy teachers. The volume provides a theoretical foundation of adult learning and basic anatomy education and includes chapters focusing on specific issues that teachers commonly encounter in the diverse and challenging scenarios in which they teach. The book is designed to allow teachers to adopt a student centered approach and to be able to give their students an effective and efficient overall learning experience. Teachers of gross anatomy and other basic sciences in undergraduate healthcare programs will find in this unique volume invaluable information presented in a problem oriented succinct and user friendly format. Developed by renowned expert authors the chapters are written concisely and in simple language and a wealth of text boxes are provided to bring out key points to stimulate reflection on the reader's own situation and to provide additional practical tips. Educational theories are selectively included to explain the theoretical foundation underlying practical suggestions so that teachers can appropriately modify the strategies described in the book to fit their own educational environments. Comprehensive and a significant contribution to the literature *Teaching Anatomy A Practical Guide* is an indispensable resource for all instructors in gross anatomy.

Examination Questions and Answers in Basic Anatomy and Physiology Martin Caon, 2018-04-06 This second edition provides 2400 multiple choice questions on human anatomy and physiology and some physical science separated into 40 categories. The answer to each question is accompanied by an explanation. Each category has an introduction to set the scene for the questions to come. However not all possible information is provided within these Introductions so an Anatomy and Physiology textbook is an indispensable aid to understanding the answers. The questions have been used in end of semester examinations for undergraduate anatomy and physiology courses and as such reflect the focus of these particular courses and are pitched at this level to challenge students that are beginning their training in anatomy and physiology. The question and answer combinations are intended for use by teachers to select questions for their next examinations and by students when studying for an upcoming test. Students enrolled in the courses for which these questions were written include nursing midwifery paramedic physiotherapy occupational therapy nutrition and dietetics health sciences exercise science and students taking an anatomy and physiology course as an elective.

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