

- Arrangement of Fascicles
- Gross Anatomy of Skeletal Muscles
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  - Facial Muscles
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  - Trunk Muscles
  - Muscles of the Upper Limb
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- Physiology of the Muscular System
  - Skeletal Muscle Activity
    - Nerve Stimulus and the Action Potential
    - Mechanism of Muscle Contraction: The Sliding Filament Theory
- Age-Related Physiological Changes in the Musculoskeletal System

## Functions of the Muscular System

Producing movement is a common function of all muscle types, but skeletal muscle plays three other important roles in the body as well.

1. **Producing movement.** Mobility of the body as a whole reflects the activity of the skeletal muscles, which are responsible for all locomotion; they enable us to respond quickly to changes in the external environment.
2. **Maintaining posture.** We are rarely aware of the skeletal muscles that maintain body posture, yet they function almost continuously, making one tiny adjustment after another so that we can maintain an erect or seated posture despite the never-ending downward pull of gravity.
3. **Stabilizing joints.** As the skeletal muscles pull on bones to cause movements, they also stabilize the joints of the skeleton; muscle tendons are extremely important in reinforcing and stabilizing joints that have poorly fitting articulating surfaces.
4. **Generating heat.** The fourth function of muscle, generation of body heat, is a by-product of muscle activity; as ATP is used to power muscle contraction, nearly three-quarters of its energy escape as heat and this heat is vital in maintaining normal body temperature.

## *Anatomy of the Muscular System*

# Anatomy And Physiology Muscular System Packet Answers

**Doug Sowle**



## **Anatomy And Physiology Muscular System Packet Answers:**

## **Anatomy And Physiology Muscular System Packet Answers** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Anatomy And Physiology Muscular System Packet Answers**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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