

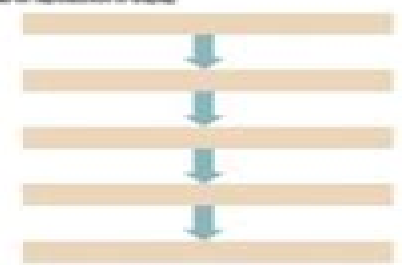
# Muscular System Study Guide

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) \_\_\_\_\_

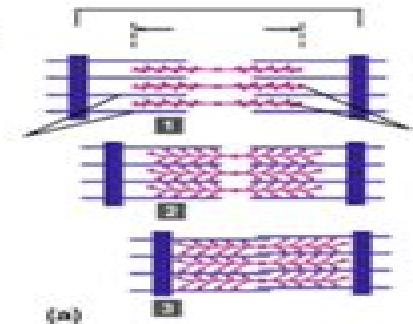


4. Label the following: *sarcomere,, myosin, and actin* on the figure to the right.

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

**Bruce Wingerd, Patty Bostwick Taylor**



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