#### Muscular System Part 1

Muscle Types

- Muscles are responsible for all types of body movement
- Three basic muscle types are found in the body
  - 1. Skeletal muscle
  - 2. Cardiac muscle
  - 3. Smooth muscle

Skeletal and smooth muscle cells are elongated (muscle cell = muscle fiber)

 Contraction and shortening of muscles are due to the movement of microfilaments

All muscles share some terminology

- Prefixes myo- and mys- refer to "muscle"
- Prefix sarco- refers to "flesh"



#### Skeletal muscle

- Most skeletal muscle fibers are attached by tendons to bones
- Skeletal muscle cells are large, cigarshaped, and multinucleate
- Also known as striated muscle because of its obvious stripes
- Also known as voluntary muscle because it is the only muscle tissue subject to conscious control

Skeletal muscle cells are surrounded and bundled by connective tissue

- Endomysium—encloses a single muscle fiber
- Perimysium—wraps around a fascicle (bundle) of muscle fibers
- Epimyslum—covers the entire skeletal muscle
- Fascia—on the outside of the epimysium



The epimysium of skeletal muscle blends into a connective tissue attachment

- Tendons—cordlike structures
  - Mostly collagen fibers
  - Often cross a joint because of their toughness and small size
- Aponeuroses—sheetlike structures
  - Attach muscles indirectly to bones, cartilages, or connective tissue coverings

# **Anatomy And Physiology Chapter 6 Muscular System 95**

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