

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) _____

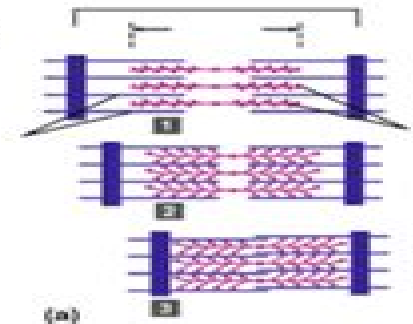


4. Label the following: *sarcomere*, *myosin*, and *actin* on the figure to the right.

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 Physiology Muscular System Study Guide

Julia Schneider



Anatomy Physiology Muscular System Study Guide:

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Table of Contents Anatomy Physiology Muscular System Study Guide

1. Understanding the eBook Anatomy Physiology Muscular System Study Guide
 - The Rise of Digital Reading Anatomy Physiology Muscular System Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Anatomy Physiology Muscular System Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anatomy Physiology Muscular System Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anatomy Physiology Muscular System Study Guide
 - Personalized Recommendations
 - Anatomy Physiology Muscular System Study Guide User Reviews and Ratings

- Anatomy Physiology Muscular System Study Guide and Bestseller Lists
- 5. Accessing Anatomy Physiology Muscular System Study Guide Free and Paid eBooks
 - Anatomy Physiology Muscular System Study Guide Public Domain eBooks
 - Anatomy Physiology Muscular System Study Guide eBook Subscription Services
 - Anatomy Physiology Muscular System Study Guide Budget-Friendly Options
- 6. Navigating Anatomy Physiology Muscular System Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Anatomy Physiology Muscular System Study Guide Compatibility with Devices
 - Anatomy Physiology Muscular System Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anatomy Physiology Muscular System Study Guide
 - Highlighting and Note-Taking Anatomy Physiology Muscular System Study Guide
 - Interactive Elements Anatomy Physiology Muscular System Study Guide
- 8. Staying Engaged with Anatomy Physiology Muscular System Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anatomy Physiology Muscular System Study Guide
- 9. Balancing eBooks and Physical Books Anatomy Physiology Muscular System Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anatomy Physiology Muscular System Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Anatomy Physiology Muscular System Study Guide
 - Setting Reading Goals Anatomy Physiology Muscular System Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Anatomy Physiology Muscular System Study Guide
 - Fact-Checking eBook Content of Anatomy Physiology Muscular System Study Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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