

## Muscular System Study Guide

The test will be over the following sections from the book and notes: Overview of muscle tissue, Muscle Functions, Microscopic anatomy of skeletal muscles, Nerve stimulus and the action potential, The sliding filament theory. Please be sure to study these sections and be ready for a quiz over them. Below are some questions that might help guide your studying. The first part are ones that I made up. The second part are questions that fellow students made up.

### Standards

- 1) Describe how an action potential is initiated in a muscle cell.
- 2) Describe the events of muscle cell contraction.
- 3) Define *origin, insertion, prime mover, antagonist, synergist, and fixator* as they relate to muscles.
- 4) Demonstrate or identify the different types of body movements.
- 5) List some criteria used in naming muscles.
- 6) Describe the changes that occur in aging muscles.

### Basic Study Questions

- 7) What does the muscular system consist of?
- 8) List 4 functions of muscles. **Produces movement, maintains posture, stabilizes joints, and generates heat.**
- 9) What is the main/essential function of muscles? **Contraction or to shorten.**
- 10) Muscles cells are also called \_\_\_\_\_ muscle fibers
- 11) Identify/name the 3 types of muscles found in the human body. **Skeletal, smooth, cardiac**
- 12) What are the major characteristics of each of the 3 types of muscles?  
Skeletal – attached to bones, striated, cylindrical, multinucleated, voluntary  
Cardiac – walls of the heart, branching cells, striated, uninucleated, involuntary  
Smooth – walls of hollow organs, non-striated, cigar shaped, uninucleated, involuntary
- 13) Identify the muscle types that are involuntary? **See above**
- 14) Identify the muscle types that are voluntary? **See above**
- 15) All muscles are striated. (True or False) **False**
- 16) What are the different parts of a skeletal muscle? **Epimysium, perimysium, fascicle, endomysium**
- 17) How is a fascicle different from a muscle fiber? **A fascicle is made up of many fibers.**
- 18) What is the difference between Endomysium, perimysium, and an epimysium?  
**Endomysium – connective tissue sheath around the muscle fiber  
Perimysium – coarse fibrous membrane that wraps the fascicle  
Epimysium – tough outer covering of connective tissue around the entire muscle**
- 19) Identify the 2 main proteins that makeup muscle fibers.  
**Actin and Myosin**
- 20) Where is each type of protein, in the previous question, located within the muscle fiber?  
**Actin – z-line(thin filament), I band  
Myosin – A band (thick filament)**
- 21) Explain the "Sliding Filament Theory" in terms of how muscles contract.  
**See poster activity**
- 22) What role does myosin play in muscle contraction?  
**It has heads that reach out and attach to the actin. These heads then pull the actin strands toward each other.**
- 23) What role does actin play in muscle contraction?  
**It acts as a base that the myosin heads bind to.**
- 24) What is the place where thin filaments are anchored to called? **Z-disc**
- 25) What is an A-band/ I-band/H-zone?  
**A-band - the section of myofibril that contains the entire length of the myosin protein.  
I -band - the section of myofibril that contains only the actin proteins.  
H-zone - the section of the myofibril that appears to have a space that appears to disappear when the muscle is contracted.**

# Study Guide For Muscular System

**Charles M. Seiger**

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