

MUSCULAR SYSTEM STUDY GUIDE

INCLUDED:

Muscular System Unit + Assessment Review + ANSWER KEY

This study guide is designed to support your learning and enhance your understanding of the muscular system. It offers detailed insights, its purpose is to ensure that a student could more than discuss a topic or define all the structures that they learn to understand. This is not a simple assignment, but a comprehensive review that is designed to give you a solid understanding of the muscular system and its role in the body. It is a great resource for students who are preparing for a test or a presentation. It is a great resource.

Section I: Introduction to the Muscular System

1. What are the four primary responsibilities of muscles?
 - Support: Muscles maintain movement of the body and organs.
 - Movement: Muscles help maintain posture and control movement.
 - Heat Production: Muscles generate heat during contraction, contributing to body temperature regulation.
 - Protection: Muscles provide support and stability to joints.
2. Describe how muscles function in the muscular system.
 - Muscles contract to move the body, generating force to move the skeleton.
3. Approximately how many skeletal muscles do humans have?
 - Humans have approximately 650 skeletal muscles.
4. Name the three types of muscle tissue.
 - Skeletal muscle
 - Cardiac muscle
 - Smooth muscle

Section II: Anatomy of the Muscular System

1. List four characteristics of skeletal muscles.
 - Excitability
 - Contractility
 - Extensibility
 - Elasticity
2. What are the two types of skeletal muscle fibers?
 - Longitudinal fibers (containing the nuclei of the myofibrils)
 - Circular fibers (containing the nuclei)



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**Barbara Janson Cohen, Ruth Lundeen
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