

**REVIEW GUIDE 9 - MUSCULAR SYSTEM**  
**HUMAN ANATOMY AND PHYSIOLOGY I BIO-201|QUESTION AND CORRECT ANSWERS**  
**2024|100% PASS**

**Review Guide 9 - Muscular System**

**1. List AND describe the functions of skeletal muscles.**

Movement, posture, supports soft tissue, guards entrances and exits, body temperature regulation, storage of minerals

**2. List AND describe the characteristics of skeletal muscle.**

Responsiveness - responds to chemical signals (excitability)

Conductivity - electrical change triggers a wave that travels along the muscle fiber

Contractility - shortens when stimulated

Extensibility - capable of being stretched

Elasticity - returns to its original length after being stretched

**3. What are two other names for a muscle fiber?**

Myofiber or Myocyte

**4. Describe the number and location of nuclei in a myofiber.**

Many nuclei (multinucleate) live just below the sarcolemma.

**5. Muscle cells are packed full of which type of protein filament?**

Muscle fibers are packed full of myofibrils → bundles of protein filaments (actin and myosin)

**6. Make sure you understand the difference between a myofiber and a myofibril!**

Myofiber = muscle fiber → Muscle fiber is made up of myofibrils

**7. What is another name for the muscle cytoplasm?**

Muscle cytoplasm = sarcoplasm

**8. What is another name for the plasma membrane of a myofiber?**

Plasma membrane = sarcolemma

**9. Describe the location of the T tubules, sarcoplasmic reticulum, and terminal cisternae. What is the function of each of these structures?**

The sarcolemma (cell membrane) contains T tubules, which are tunnel-like

# Muscular System Review Guide Answers

**Lei Shi**

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