

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 and 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.

Muscular System Elaine Marieb Study Guide

Elaine Nicpon Marieb



Muscular System Elaine Marieb Study Guide:

Student Workbook for A. D. A. M. Rose Leigh Vines, 1995-08-22 This helpful navigation tool uses exercises organized by body system to guide students through A D A M Comprehensive Standard and Student Editions The exercises promote cooperative learning and critical thinking skills Human Anatomy and Physiology Elaine N. Marieb, 2000-07 Current Catalog National Library of Medicine (U.S.), 1985 First multi year cumulation covers six years 1965 70 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1985 **Magill's Medical Guide** Anne Chang, 2005 Thrombolytic therapy TPA Thrombosis thrombus Thumb sucking Thyroid disorders Thyroid gland Thyroidectomy Tics Toilet training Tonsillectomy adenoid removal Tonsillitis Tooth extraction Toothache Torticollis Touch Tourette s syndrome Toxemia Toxic shock syndrome Toxicology Toxoplasmosis Tracheostomy Trachoma Transfusion Transient ischemic attacks TIAs Transplantation Tremors Trichinosis Trichomoniasis Tropical medicine Tubal ligation Tuberculosis Tumor removal Tumors Turner syndrome Typhoid fever typhus Ulcer surgery Ulcers Ultrasonography Umbilical cord Unconsciousness Upper extremities Urethritis Urinalysis Urinary disorders Urinary system Urology Urology pediatric Vagotomy Varicose vein removal Varicose veins Vascular medicine Vascular system Vasectomy Venous insufficiency Veterinary medicine Viral infections Visual disorders Vitamins minerals Voice vocal cord disorders Von Willebrand s disease Warts Weaning Weight loss gain Weight loss medications Well baby examinations West Nile virus Whiplash Whooping cough Wilson s disease Wisdom teeth Wiskott Aldrich syndrome World Health Organization Worms Wounds Wrinkles Xenotransplantation Yellow fever Yoga Zoonoses Glossary Diseases Other Medical Conditions Types of Health Care Providers Medical Journals Web Site Directory Entries by Anatomy or System Affected Entries by Specialties Related Fields Anatomy & Physiology Elaine Nicpon Marieb, 2002 KEY MESSAGE Anatomy Physiology Third Edition answers the demand for a leaner version of Elaine Marieb and Katja Hoehn s Human Anatomy Physiology with less in depth coverage of pregnancy heredity and the developmental aspects of various body systems while keeping basic themes such as homeostatic imbalances strategically in place This revised edition includes major updates to the content and figures based on current research findings Organization of the Body The Human Body An Orientation Chemistry Comes Alive Cells The Living Units Tissues The Living Fabric For all readers interested in Human Anatomy Physiology *Human Anatomy and Physiology Laboratory Manual* Elaine Nicpon Marieb, 1985 **Essentials of Human Anatomy and Physiology** Elaine Nicpon Marieb, 1988 **A Massage Therapist's Guide to Pathology** Ruth A. Werner, 1998 Now in full color and thoroughly updated this Third Edition is an indispensable resource for massage therapy students and practicing massage therapists This best selling guide presents detailed information on over 200 diseases and conditions emphasizing how massage influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks The new art program features enhanced line drawings and full color photographs of skin conditions ranging from mild to severe A new appendix on medications explains how

bodywork may influence the actions of various drugs A back of book CD ROM includes a self testing tool animations demonstrating pathophysiology concepts and audio pronunciations for medical terminology *Human Anatomy Laboratory Manual with Cat Dissections* Elaine Nicpon Marieb,1996-06-27 **Magill's Medical Guide** ,1996 *El-Hi Textbooks & Serials in Print, 2003* ,2003 **Paperbound Books in Print 1995** Reed Reference Publishing,R5ference Reed,1995-12 *Subject Guide to Books in Print* ,1997 *American Book Publishing Record* ,2006 *Recording for the Blind & Dyslexic, ... Catalog of Books* ,1996 **Magill's Medical Guide: Fracture and dislocation - Paralysis** ,2002 *Medical and Health Care Books and Serials in Print* ,1997 **Human Anatomy & Physiology** Elaine Nicpon Marieb,Katja Hoehn,2010 With theEighth Editionof the top sellingHuman Anatomy Physiology with MyA P text trusted authors Elaine N Marieb and Katja Hoehn have produced the most accessible comprehensive up to date and visually stunning anatomy physiology textbook on the market Marieb draws on her career as an A P professor and her experience as a part time nursing student while Hoehn relies on her medical education and classroom experience to explain concepts and processes in a meaningful and memorable way The most significant revision to date theEighth Edition makes it easier for you to learn key concepts in A P The new edition features a whole new art program that is not only more visually dynamic and vibrant than in previous editions but is also much more pedagogically effective for today s students including new Focus figures which guide you through the toughest concepts in A P The text has been edited to make it easier than ever to study from and navigate with integrated objectives new concept check questions and a new design program ISBN 0805395695 9780805395693 mentioned above is just Human Anatomy Physiology with myA P 8 e Book Access Card for myA P If you want the CD and Manual you need to order the valuepack lsted below 0805395911 9780805395914 Human Anatomy and Physiology with Interactive Physiology 10 System Suite Package consists of 0805361170 9780805361179 Interactive Physiology 10 System Suite CD ROM 080537373X 9780805373738 Brief Atlas of the Human Body A 0805395695 9780805395693 Human Anatomy Physiology with myA P **El-Hi Textbooks & Serials in Print, 2005** ,2005

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