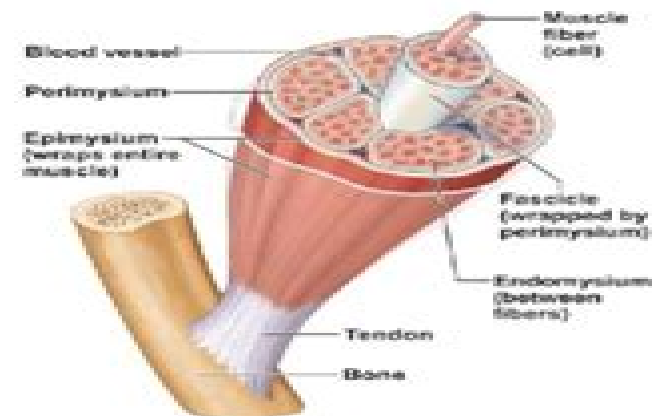


Muscular System Review Guide

- List **AND** describe the functions of skeletal muscles.
 - Movement, posture, supports soft tissue, guards entrances and exits, provides heat/maintains body temperature, storage of minerals
- List **AND** describe the characteristics of skeletal muscle.
 - Responsiveness (excitability)- to chemical signals, stretch and electrical change across the plasma membrane
 - Conductivity- local electrical change triggers a wave of excitation that travels along muscle fiber
 - Contractility- shortens when stimulated
 - Extensibility- capable of being stretched
 - Elasticity- returns to its original resting length after being stretched.
- What are two other names for a muscle fiber?
 - Myofiber, myocyte
- Describe the number and location of nuclei in a myofiber.
 - There are many nuclei
 - Location: Nuclei are just below the sarcolemma-specialized cell membrane
- Muscle cells are packed full of which type of protein filament?
 - Actin and myosin.
- Make sure you understand the difference between a myofiber and a myofibril!
 - Myofiber= muscle fiber= myocyte-single muscle cell. Their cytoplasm is packed full of myofibrils.
 - Myofibril= are bundle of protein filaments (actin and myosin) that cause contraction.
- What is another name for the muscle cytoplasm?
 - Sarcoplasm
- What is another name for the plasma membrane of a myofiber?
 - Sarcolemma= cell membrane
- Describe the location of the T tubules, sarcoplasmic reticulum, and terminal cisternae. What is the function of each of these structures?
 - Transverse tubules (T-tubules)- circles around myofibrils. Carry electric current to cell interior. Transmits signal to contract.
 - SR: Network around each myofibril (spider webs), smooth ER, stores calcium
 - TC: Part of the network around the myofibril, the end sacs, stores calcium
- What is a "triad" referring to?
 - 1 tubule and 2 tubule cisternae
- Label the connective tissue wrappings of a skeletal muscle. →→→
- What is an aponeurosis? Where are some regions in the human body might you find one? How does an aponeurosis differ from a tendon?
 - Aponeurosis= sheet-like structure
 - You can find them at sites of muscle attachment, aponeurosis is a sheet-like structure and tendon is a cord-like structure
 - Foot, shoulder, jaw
- What is the name given to the contractile unit of muscle?
 - Sarcomere
- What protein is the thin filament made of?
 - Actin filaments
- What protein is the thick filament made of?
 - Myosin filaments
- What exactly is a cross bridge?
 - The head aka extensions or cross bridges of Myosin filaments
- What is the function of a Titin protein? What two regions of the sarcomere does it connect?
 - The titin protein is responsible for passive elasticity of the muscles. It connects at the Z line and M line of the muscle fiber.
- Label the following regions of a sarcomere:



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