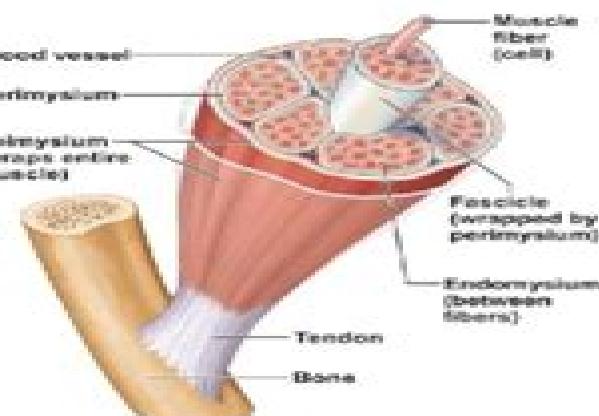


Muscular System Review Guide

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



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