

## 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.*

# Study Guide With Answers For Muscular System

**Andrew Case**



## **Study Guide With Answers For Muscular System:**

**Study Guide for The Human Body in Health & Disease - E-Book** Kevin T. Patton, Frank B. Bell, Terry Thompson, Peggie L. Williamson, Eric L. Sun, 2023-03-02 Reinforce your understanding of the concepts in Patton's *The Human Body in Health & Disease* Corresponding to the chapters in the text this study guide reviews essential medical terminology concepts and processes related to anatomy and physiology and explains how body systems function in health and disease Each chapter begins with a quick synopsis of the key points in the textbook chapter A variety of exercises make it easier to review and apply key concepts and labeling of anatomy drawings helps in learning anatomical terms and structures Know your Medical Terms feature helps familiarize you with the various word parts used in medical terminology and pairs nicely with the Language of Medicine word lists in the main text to reinforce medical terminology concepts that are key to understanding A P Brief synopsis of core textbook concepts provides a comprehensive review of essential content Crossword Puzzles and Word Finds help you master new vocabulary terms Application Questions ask you to make judgments based on the information in the chapter Diagrams and labeling exercises help reinforce where the structures of the body are located Matching and fill in the blank exercises aid in understanding chapter content Answers to exercises are provided in the back of the guide along with references to the appropriate textbook page and the textbook objective so that you can easily find where the material is presented Study tips in the Preface provide an overview of the most effective methods for learning and retaining information

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We warm up with a look at the structures and functions of cells including specialized cells Next we examine how cells make up tissues organs and organ systems Then the eight major systems of the body are introduced including the circulatory respiratory nervous digestive excretory and reproductive systems Then on to an in depth study of both the muscular and skeletal systems Reading passages activities for before and after reading hands on activities test prep and color mini posters are all included All of our content is aligned to your State Standards and are written to Bloom s Taxonomy and STEM initiatives

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