

HASP Medical Anatomy & Physiology 04c Activity

Answer(s): _____

Period: _____ Date: _____

Background

Muscle Tissue

The cells of muscle tissue are extremely long and contain protein fibers capable of contracting to provide movement. The bulk of muscle tissue is made up of two proteins, myosin and actin. These proteins are organized into muscle fibers called myofibrils, and can be arranged into even larger bundles to create muscles. Muscle tissues are separated into three main types depending on the arrangement of these myofibrils. These include skeletal muscle tissue, smooth muscle tissue, and cardiac muscle tissue.

Skeletal muscle is also considered "voluntary muscle" and makes up the muscles that are attached to our skeleton by tendons. These muscles can be contracted voluntarily and function in movement and maintenance of posture. About 35-45% of the human body is made up of skeletal muscle tissue. When skeletal muscle tissue is observed, there are visible striations, or lines that can be seen.

Smooth muscle is also known as "involuntary muscle" and makes up the lining of most of the organs of the body. This includes the gastrointestinal tract, respiratory tract, blood vessels, bladder, and uterus just as a few examples. These muscles do not contract voluntarily and do not have visible striations. For example, in a process called peristalsis smooth muscle contracts in waves to push food from the esophagus all the way through until it is expelled out the anus.

Cardiac muscle makes up the heart, and is an extremely dense strong tissue. Cardiac muscle tissue has a very large number of mitochondria to provide the energy source for the continuous contracting action of the heart. Cardiac muscle tissue is striated like skeletal muscle tissue, but also has myofibrils arranged into larger striations called intercalated discs that join cardiac muscle fibers together.

Skeletal Muscle Tissue



Smooth Muscle Tissue



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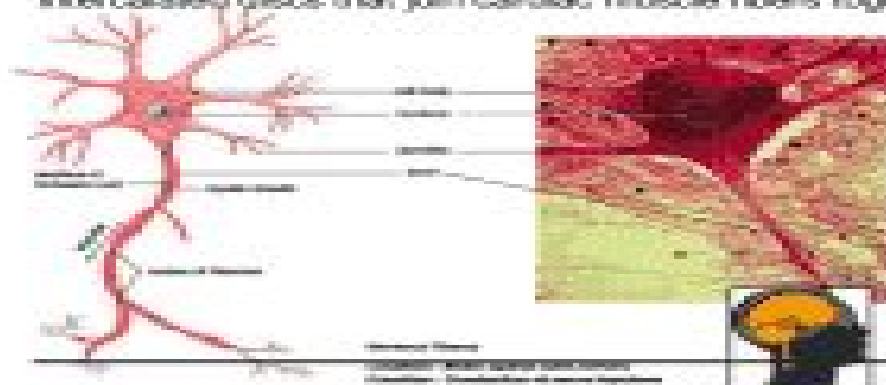
Cardinal: Michael Thomas



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Networks

Nervous tissue is found in the brain, spinal cord, and nerves and is responsible for communication. There are two main cells that make up nervous tissue: **neurons** and **neuroglia** cells. Neurons are responsible for sending and receiving messages while neuroglia provide support and nutrients for neurons.



The Muscular System Haspi Packet 09a Answers

Lingjun Ying



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oct 18 2023 1 fitness first snowboarding is excellent exercise however if you try to go directly from the couch to the slopes you will be exhausted well before your first lesson is done you do not have to be a triathlete but you should be a bit active be it working out at the gym swimming laps or taking regular hikes

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dec 27 2022 there are a variety of snowboard tricks that can be performed on a snowboard and each trick has its own unique name some of the most popular snowboard tricks include the frontside air this trick is performed by jumping off of the front side of the snowboard and performing a 360 degree rotation in the air before landing back on the snowboard

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some of the most popular spin tricks include an alley oop half cab and hard way other snowboarding tricks the above list is just a glimpse into the many styles and types of tricks that you can perform on a snowboard other popular tricks that you ll see on the slopes include

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1 ollies once you gain perfection in performing the ollies you will become a pro from a novice in doing all the aerial snowboarding tips and tricks in the beginning you will use it for simple riding on the ground but later it will help you to get extra air

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