

Histology – Muscle & Nervous Tissue

H&AP1 Medical Anatomy & Physiology 04c

Activity

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.

Name(s): _____

Period: _____ Date: _____

Skeletal Muscle Tissue



Image courtesy of the University of Michigan Medical Center

Smooth Muscle Tissue



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Cardiac Muscle Tissue



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Nervous Tissue

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.

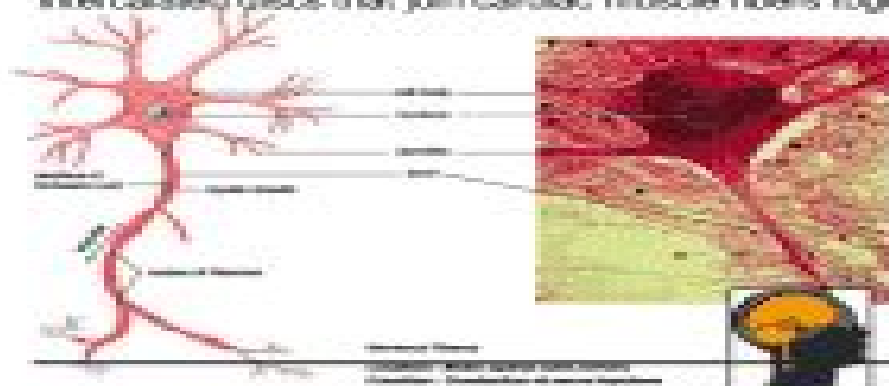


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