Study Guide Muscular System

Functions

Characteristics

Gross Muscle – id: Tendon, fascia, epimysium, perimysium, fascicle, endomysium,

muscle fibers

Microscopic Muscle – muscle fiber, myofibril, filaments (actin and myosin), z lines,

Sarcomeres, myosin heads

Steps to muscle contraction and relaxation (put in order)

Explain the Sliding Filament theory of muscle contraction

Id a neuromuscular junction and how interference causes paralysis

Why rigor mortis happens

Explain the All or None contraction of a muscle fiber

Large motor units (gross mvmts)

Small motor units (fine mvmts)

Know how muscles are classified and what each means: prime movers, antagonists,

synergists, fixators

How muscles are named: location, shape, size, direction of fibers, number of origins,

location of attachment, action

Give the advantages and disadvantages of fast and slow twitch muscles

Isotonic vs Isometric muscle contractions – explain the difference

Causes of muscle fatigue

How muscles get their energy