

Muscular System Study Questions I KEY

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1. Muscles make up **40-50%** of the body's mass.
2. Describe the four functions of skeletal muscles.
 - **produce movement**
 - **maintain posture**
 - **stabilize joints**
 - **generate heat**
3. List three characteristics of skeletal muscle.
 - **elongated**
 - **can shorten/contract**
 - **shared terminology (myo, mys, sarco)(cell=fiber)**
4. Name two locations in the human body where smooth muscle can be found.
 - **urinary bladder, uterus, blood vessels, respiratory passages, stomach, intestines, urethra, and many, many more**
5. Muscles are the only body tissue whose cells can **shorten/contract**.
6. Your biceps muscle is surrounded by a coat of tough connective tissue (CT) called **epimysium**. This CT then attaches the biceps to the scapula in your shoulder via a **tendon**.
7. Muscles contract in response to a **nerve impulse from a motor neuron**.
8. The mechanisms governing muscles contraction are described by the **“sliding filament theory”**.
9. From outermost to innermost, list the ten parts of a skeletal muscle.
 - **epimysium**
 - **perimysium**
 - **fascicle**
 - **endomysium**
 - **sarcolemma**
 - **sarcoplasm**
 - **sarcoplasmic reticulum**
 - **myofibrils**
 - **sarcomere**
 - **myofilaments (actin & myosin)**