1. Muscles make up ____% of the body’s mass.

2. Describe the four functions of skeletal muscles.

3. List three characteristics of skeletal muscle.

4. Name two locations in the human body where smooth muscle can be found.

5. Muscles are the only body tissue whose cells can ________________.

6. Your biceps muscle is surrounded by a coat of tough connective tissue (CT) called _______________. This CT then attaches the biceps to the scapula in your shoulder via a ________________.

7. Muscles contract in response to a ________________________.

8. The mechanisms governing muscles contraction are described with the _________________________ theory.

9. From outermost to innermost, list the ten parts of a skeletal muscle.

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Muscular System Study Questions I KEY
Dr. J. Lim

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)