

# Muscular System

**Answer Key:** Textbook page references are provided as a guide for answering these questions. A complete answer key was provided for your instructor.

## OBJECTIVES

1. Identify three types of muscle tissues.
2. Compare the structure of the whole muscle and the structure of a single muscle fiber.
3. Describe the sliding filament mechanism of muscle contraction.
4. Explain the role of calcium and adenosine triphosphate (ATP) in muscle contraction.
5. Describe the relationship between skeletal muscles and nerves, including the motor unit and its relationship to recruitment and the events that occur at the neuromuscular junction.
6. Discuss the force of muscle contraction, including the following:
  - Define *twitch* and *tetanus*.
  - Identify the sources of energy for muscle contraction.
  - Trace the sequence of events from nerve stimulation to muscle contraction.
7. Define muscle terms, and state the basis for naming muscles.
8. Identify and list the actions of the major muscles.

## Part I: Mastering the Basics

### MATCHING

#### Types of Muscles

*Directions: Match the following terms to the most appropriate definition by writing the correct letter in the space provided. Some terms may be used more than once. See text, pp. 143, 144.*

- A. skeletal muscle
- B. smooth muscle
- C. cardiac muscle

1. \_\_\_\_\_ Striated and voluntary
2. \_\_\_\_\_ Found in the walls of organs or viscera
3. \_\_\_\_\_ Found in the walls of blood vessels
4. \_\_\_\_\_ Striated and involuntary
5. \_\_\_\_\_ Found in the heart
6. \_\_\_\_\_ Nonstriated and involuntary
7. \_\_\_\_\_ Found attached to bones

8. \_\_\_\_\_ The only type of muscle that is nonstriated
9. \_\_\_\_\_ The only type of muscle that is voluntary
10. \_\_\_\_\_ Must be innervated by a somatic motor nerve

### MATCHING

#### Parts of a Whole Muscle

*Directions: Match the following terms to the most appropriate definition by writing the correct letter in the space provided. Some terms may be used more than once. See text, pp. 144-146.*

- A. fascicles
- B. perimysium
- C. endomysium
- D. aponeurosis
- E. tendon
- F. epimysium

1. \_\_\_\_\_ Cordlike structure that attaches muscle to bone
2. \_\_\_\_\_ Small bundles of muscle fibers
3. \_\_\_\_\_ Connective tissue that surrounds individual muscle fibers
4. \_\_\_\_\_ Flat sheetlike fascia that attaches muscle to muscle or muscle to bone
5. \_\_\_\_\_ Connective tissue that surrounds the fascicles or bundles
6. \_\_\_\_\_ Connective tissue that surrounds a whole skeletal muscle

### MATCHING

#### Structure of a Muscle Fiber

*Directions: Match the following terms to the most appropriate definition by writing the correct letter in the space provided. See text, pp. 145-147.*

- A. T tubule
- B. sarcoplasmic reticulum (SR)
- C. actin
- D. sarcomere
- E. myosin
- F. cross-bridge

1. \_\_\_\_\_ Series of contractile units that make up each myofibril; extends from Z line to Z line
2. \_\_\_\_\_ Thin protein filaments that extend toward the center of the sarcomere from the Z lines

# Study Guide Muscular System Answers

**Kevin T. Patton, Gary A.  
Thibodeau, Linda Swisher**



## **Study Guide Muscular System Answers:**

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