

MUSCULAR SYSTEM

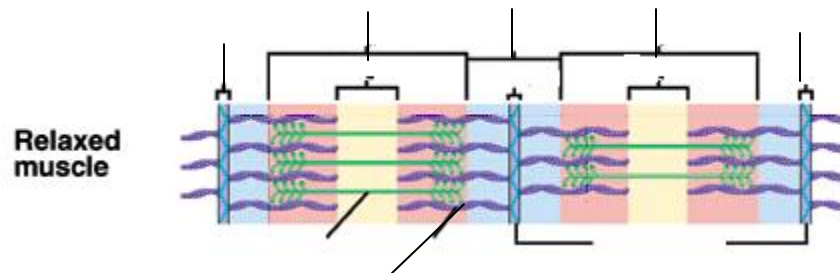
Learning Outcome

After completing this exercise, you should be able to:

- Identify the levels of organization in a skeletal muscle.
- Describe types of skeletal fibers and their functions.
- Discuss how muscles are named.

Part A

Identify the bands, zones and lines of relaxed sacromeres in figure 1.1.



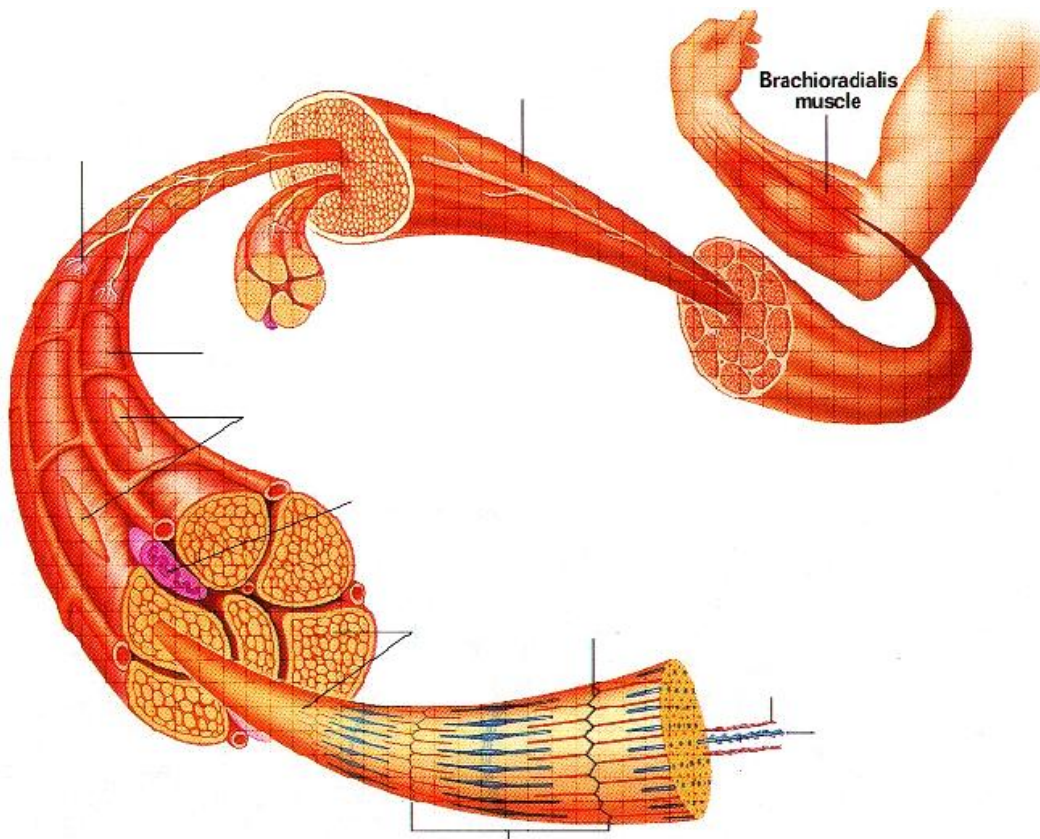
Part B

Complete the following statements:

1. The _____ of a muscle is usually attached to a fixed part.
2. The _____ of a muscle is usually attached to a movable part.
3. The name biceps means _____.
4. The forearm is flexed at the elbow when the _____ muscle contracts.
5. A muscle responsible for most of a movement is called a(n) _____.
6. Assisting muscles are called _____.
7. Antagonist are muscles that resists the actions of _____ and cause movement in the opposite direction.

Part C

Label the structure of skeletal muscle.



Part D

What are the differences between muscle fiber type I, type IIa and type IIb?

Part E

How muscles are named and give five (5) example of each.