Study Guide for Chapter 8 – Muscular System

1. What are the three different types of muscle tissue?
2. What characteristics are present within each of these tissues? Which are voluntary and involuntary?
3. What is the definition of **origin?**
4. What is the definition of **insertion?**
5. What is the difference between tendon and ligament?
6. The basic contractile unit of a skeletal muscle is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Name the three steps of the sliding filament model.



1. A single motor neuron with all the muscle cells it innervates is called a \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.
2. Explain the all-or-none-law.
3. Where is the neuromuscular junction?
4. Name the muscles of the head and neck:
5. Name the muscles of the trunk:
6. What are the muscles of the lower extremities?
7. What muscles are responsible for performing adduction and abduction in the lower extremities?
8. Explain the way muscles are organized starting from actin and myosin within a sarcomere to muscle group.
9. Define twitch, tetanic, isometric, and isotonic contractions?
10. Be able to perform the following:
    1. Flexion
    2. Extension
    3. Adduction
    4. Abduction
    5. Supination
    6. Pronation
    7. Dorsiflextion
    8. Plantarflexion
11. Label this diagram:

