Chapter 9; Muscles and Muscle Tissue – Study Guide
Read: Pages; 275-284 (to physiology of skeletal muscle)
305 (Smooth Muscle) to 307 (Contraction of Smooth Muscle)

The student should be able to:
1. Explain where the name muscle comes from.
2. State the percentage of weight in the human body that comes from muscle.
3. State the three types of muscle found in the human body.
4. Give two root words that mean muscle and may be used as a prefix or suffix.
5. Describe where the three different muscle types are found.
6. List and describe the four characteristics of muscle tissue that allow muscle to perform its primary function. State the primary function.
7. List and describe the three connective sheaths of muscle tissue and be able to identify them on an illustration or diagram.
8. Explain what is meant by the phrase, all connective sheaths are connected.
9. Describe the relationship between muscle fascia and bone periostium.
10. Describe the similarities and differences between a tendon and an aponeurosis.
11. Explain what a muscle origin and an insertion is.
12. Describe the relationship of the size of a muscle cell and a regular body cell.
13. State the special name given to the cytoplasm of a muscle cell.
14. Name the numerous contractile rods found within a muscle cell/fiber.
15. Describe the relationship between the lengthy microfibrils and sarcomeres.
16. Describe the two different contractile protein myofilaments make up the microfibril and there relationship.
17. Give the name of the thick and thin myofilaments.
18. Describe what happens to the sarcomere when the thin fibers slide to the center.
19. Describe the effect on the whole muscle when it’s component sarcomeres contract/get short.
20. Describe the difference in the morphology of smooth muscle and skeletal muscle.