# Muscle Review I Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1) List the 5 characteristics of skeletal muscle (not numbered on notes but there are 5)

2) Define the following:

Endomysium –

Perimysium –

Fascicle –

Epimysium –

3) What are 3 functions of a Tendon?

4) What are the 5 characteristics of smooth muscle?

5) What are the 5 characteristics of cardiac muscle?

6) List the four general functions of muscles.

7) Define:

1) Sarcolemma -

2) Sarcoplasmic reticulum –

3) Myofibril -

4) Sarcomere -

5) Myosin -

6) Actin -

7) Irritability –

8) Contractility –

9) Motor unit -

8) To contract a muscle fiber must be stimulated by this:

9)What is the neurotransmitter for skeletal muscle?

10) Write out the 6 steps of the sliding filament theory of muscle contraction: (Do your best, you might be able to write it out in fewer steps or it might take more steps)

1)

2)

3)

4)

5)

6)