

MUSCULAR SYSTEM STUDY GUIDE

INCLUDED:

Muscular System Unit + Assessment Review + ANSWER KEY

This study guide is designed to support your learning and enhance your understanding of the muscular system. It offers focused insights, its purpose is to ensure that a student could more easily discuss a topic or subject of his education that may appear on assessments. This is not a "light" assignment, but a comprehensive review that is designed to give you the information you need to get the most out of your preparation. You're guaranteed.

Section I: Introduction to the Muscular System

1. What are the four primary responsibilities of muscles?
 - **Supporting** - Muscles maintain movement of the body and organs.
 - **Movement** - Muscles help maintain posture and control movement.
 - **Heat Production** - Muscles generate heat during contraction, contributing to body temperature regulation.
 - **Joint Stability** - Muscles provide support and stability to joints.
2. Describe how muscles function in the energy system.
 - **Energy System** - Muscles use energy to contract, converting chemical energy from food into mechanical energy to move the body.
3. Approximately how many skeletal muscles do humans have?
 - **Approximately 650** - Humans have approximately 650 skeletal muscles.
4. Name the three types of muscle tissue.
 - **Skeletal muscle**
 - **Cardiac muscle**
 - **Smooth muscle**

Section II: Anatomy of the Muscular System

1. List four characteristics of skeletal muscles.
 - **Excitability** - Muscles respond to stimuli.
 - **Contractility** - Muscles can shorten or lengthen.
 - **Elasticity** - Muscles can stretch and return to original length.
 - **Extensibility** - Muscles can be stretched.
2. What are the two types of muscle fibers?
 - **Slow-twitch fibers** - These fibers are used for endurance activities.
 - **Fast-twitch fibers** - These fibers are used for quick, powerful movements.



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