**Muscular System Guided Notes**

**Please begin reviewing NOW the ventral & dorsal muscles you will be responsible for knowing.**

1. What are the 5 jobs of our muscles?
2. Name and describe each of the 3 types of muscles:

Skeletal-

Smooth-

Cardiac-

1. Where in the body would you find each type of muscle?
2. What is the difference between the origin of a muscle and the insertion of the muscle?
3. Linearly, write out how a muscle bundles from smallest component, to the largest bundle.
4. What are the 2 myofilaments that make up myofibrils?
5. Compare actin and myosin filaments?
6. What is a neuromuscular junction?
7. List the 3 rules for muscle contraction:

Threshold stimulus:

All-or-none response:

Recruitment:

1. Actin & myosin contractile units are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Describe the sliding filament theory in your own words.
3. What has happened to a muscle in hypertrophy?
4. What has happened to a muscle in atrophy?
5. What causes tetanus?