

This product is a walk through the muscle unit one section at a time. It covers muscle structure, physiology and metabolism, how to name muscles, muscles of the different regions of the body, and some diseases and conditions. Of course, it is not all inclusive for naming the muscles, but it will require students to look up certain muscles and their functions.

The product contains 8 pages of worksheets and 8 pages of answer key, 16 total pages. It requires students to go through the steps of muscle contraction at the molecular level and learn the gross anatomy of individual muscles. It can be used in anatomy and physiology and health sciences, nursing, or EMS classes. There are matching, fill in-the-blank, and short answer questions.

Skeletal Muscle Worksheet

Section 1

Skeletal Muscle Structure

	1. Aponeurosis	A. Unit of alternating light and dark striations between 2 lines
	2. Tendon	B. Cytoplasm of a muscle cell
	3. Fascia	C. Structure within the muscle cell that contains the sarcomere
	4. Cisterna	D. Organelle in muscle cell that corresponds to endoplasmic reticulum
	5. Endomysium	E. Broad sheet of connective tissue that attaches coverings of adjacent muscles

Section 2

Muscle Physiology and Metabolism

Number the following statements in the proper sequence as they occur during the contraction of a skeletal muscle. 1-7

- _____ Depolarization occurs, and the action potential is generated.
- _____ The action potential is carried deep into the cell by the T-tubules which triggers the release of calcium ions from the sarcoplasmic reticulum.
- _____ Acetylcholine (ACh) is released into the neuromuscular junction by the axonal terminal.

Section 3

Naming Muscles

	1. Maximus	A. saw-like edge
	2. Ptery-	B. four-sided with two parallel and two nonparallel sides
	3. Transversus	C. short
	4. Rectus	D. bends a part
	5. oblique	E. rolls a part

Physiology And Anatomy The Muscular System Packet

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Table of Contents Physiology And Anatomy The Muscular System Packet

1. Understanding the eBook Physiology And Anatomy The Muscular System Packet
 - The Rise of Digital Reading Physiology And Anatomy The Muscular System Packet
 - Advantages of eBooks Over Traditional Books
2. Identifying Physiology And Anatomy The Muscular System Packet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Physiology And Anatomy The Muscular System Packet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Physiology And Anatomy The Muscular System Packet
 - Personalized Recommendations
 - Physiology And Anatomy The Muscular System Packet User Reviews and Ratings
 - Physiology And Anatomy The Muscular System Packet and Bestseller Lists
5. Accessing Physiology And Anatomy The Muscular System Packet Free and Paid eBooks
 - Physiology And Anatomy The Muscular System Packet Public Domain eBooks
 - Physiology And Anatomy The Muscular System Packet eBook Subscription Services
 - Physiology And Anatomy The Muscular System Packet Budget-Friendly Options

6. Navigating Physiology And Anatomy The Muscular System Packet eBook Formats
 - ePub, PDF, MOBI, and More
 - Physiology And Anatomy The Muscular System Packet Compatibility with Devices
 - Physiology And Anatomy The Muscular System Packet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Physiology And Anatomy The Muscular System Packet
 - Highlighting and Note-Taking Physiology And Anatomy The Muscular System Packet
 - Interactive Elements Physiology And Anatomy The Muscular System Packet
8. Staying Engaged with Physiology And Anatomy The Muscular System Packet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Physiology And Anatomy The Muscular System Packet
9. Balancing eBooks and Physical Books Physiology And Anatomy The Muscular System Packet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Physiology And Anatomy The Muscular System Packet
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Physiology And Anatomy The Muscular System Packet
 - Setting Reading Goals Physiology And Anatomy The Muscular System Packet
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Physiology And Anatomy The Muscular System Packet
 - Fact-Checking eBook Content of Physiology And Anatomy The Muscular System Packet
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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