

Muscle Review Questions

1. List the 4 functions of the muscular system.
2. List 2 ways that muscles get their names.
3. **T or F:** Muscles can push bones when they contract.
4. **T or F:** The prime mover of ankle plantarflexion is the gastrocnemius.
5. Place the following terms in order from outside to inside:
 - sarcolemma, epimysium, myofilament, sarcomere, endomysium, myofibril, perimysium
6. What is the smallest, contractile unit of a muscle called?
7. What are the 2 types of myofilaments found in a muscle cell?
8. What is the function of the sarcoplasmic reticulum?
9. What protein is wrapped around the actin?
10. What is the main structure that pivots on myosin?
11. Label the sarcomere on the board.

Muscle Review Questions Key

1. List the 4 functions of the muscular system.

- **External and internal body movement**
- **Maintaining posture**
- **Stabilizing joints**
- **Generation of heat (shivering)**

2. List 2 ways that muscles get their names.

- **Relative size of muscle**
- **Location of muscle**
- **Number of origins**
- **Location of muscle's origin and insertion**
- **Shape of muscle**
- **Action of muscle**

3. **T or F:** Muscles can push bones when they contract.

False

4. **T or F:** The prime mover of ankle plantarflexion is the gastrocnemius.

True

5. Place the following terms in order from outside to inside:
**epimysium, perimysium, endomysium, sarcolemma,
myofibril, sarcomere or myofilament**

6. What is the smallest, contractile unit of a muscle called?
Sarcomere

7. What are the 2 types of myofilaments found in a muscle cell?
Actin and myosin

8. What is the function of the sarcoplasmic reticulum?
Store Calcium ions

9. What protein is wrapped around the actin?
T and T system

10. What is the main structure that pivots on myosin?
Myosin heads

11. Label the sarcomere on the board.

1= H zone

4= Z line

2= I band

5= myosin

3= actin

6= A band