

## Muscle Vocab

Skeletal	Myofilaments	All or None Law
Cardiac	Myofibril	Graded response
Smooth	Actin	Complete tetanus
Striated	Myosin	Muscle Twitch
	Sarcolemma	Direct Phosphorylation
Belly	Mitochondria	Creatine Phosphate
Origin	Sarcoplasmic reticulum	ADP – Adenosine Diphosphate
Insertion	Transverse tubules (T tubes)	Aerobic respiration
Flexion		Anaerobic respiration – lactic acid
Extension	Sarcomere	
Pronation	T and T system	Muscle tone
Supination	Myosin heads	Muscle fatigue
Abduction	Z line	Isotonic
Adduction	I band	Isometric
Circumduction	A band	Aerobic or endurance exercise
Dorsiflexion	H zone	Resistance exercise
Plantarflexion		Paralysis
Primer movers	Axon	Torticollis
Antagonists	Motor neuron	Muscular dystrophy
Synergists	Axon terminal	Myasthenia gravis
	Action potential	
Fascia	Depolarization	
Tendon	Sodium ( $\text{Na}^+$ )	
Periosteum	Neuromuscular junction	
Epimysium	Neurotransmitter Acetylcholine	
Perimysium	Vesicles	
Fascicle	Synaptic cleft	
Endomysium	Sliding Filament theory	
Muscle Fiber	Calcium ( $\text{Ca}^{2+}$ )	
	ATP – Adenosine Triphosphate	

## Muscle Names and Movements

### Anterior View

Masseter – strongest  
Sternocleidomastoid – rotates head  
Deltoid – shoulder abduction  
Biceps brachii – elbow flexion  
Sartorius – hip rotation

Platysma – frowns  
Adductor longus – hip adduction  
Quadriceps – knee extension  
Tibialis anterior – ankle dorsiflexion

### Posterior View

Latissimus dorsi – shoulder adduction  
Gluteus medius – hip abduction  
Gluteus maximus – largest / hip extension  
Hamstrings – knee flexion

Trapezius – shrugs shoulders  
Triceps brachii – elbow extension  
Gastrocnemius – ankle plantarflexion