**Muscular System Study Guide**

1. **Know the location and function of the following muscles.**

Orbicularis oculi Temporalis Frontalis Zygomaticus Masseter Gastrocnemius

Orbicularis oris Biceps brachi Deltoid Hamstrings Latissimus dorsi

Trapezius Sternocleidomastoid Sartorius Rectus abdominus Adductors

External oblique Triceps brachi Quadriceps Gluteus maximus Tibialis anterior

1. **Be able to label a parts of a skeletal muscle.**
2. **Other terms /vocabulary**

aerobic resistance isometric steroids aerobic vs. anaerobic respiration epimyosin perimyosin endomyosin isotonic fatigue lactic acid steroids flaccid Acetlycholine (ACH) synergists antagonists extensor flexor origin insertion cardiac smooth skeletal actin myosin sliding filament theory

1. **Choose 3 of the following to answer**

* Define Sarcomere
* Define and describe tetanus
* Define / describe rigor mortis
* Define or draw a Neuromuscular Junction
* Describe what myosin filaments look like

1. **Choose 2 of the following to answer**

* Describe the difference between slow and fast twitch fibers
* Name and describe one advantage and several disadvantages of steroids
* Explain the difference between hypertrophy and atrophy.

**Describe in your own words how a muscle is triggered to *contract* ( 3 points)**

**Describe in your own words how a muscle contracts once it has been activated. Hint: You may want to use the hockey stick or tug-o-war analogy. Do not forget to mention the importance of Ca+2**  **( 5 points)**