

MUSCULAR SYSTEM STUDY GUIDE

INCLUDED:

Muscular System Unit + Assessment Review + ANSWER KEY

This study guide is designed to support your learning and enhance your understanding of the muscular system. It offers detailed insights, its designed to ensure that a student using this guide should be able to recall or explain all the information they learn in this unit. Think of this as a helpful companion for your class, designed to give you extra practice when you're not in class. Use this guide to get the most out of your preparation. Good luck!

Section I: Introduction to the Muscular System

1. What are the four primary responsibilities of muscles?
 - **Supporting** - Muscles maintain movement of the body and organs.
 - **Protecting** - Muscles help maintain posture and stabilize the body.
 - **Heat Production** - Muscles generate heat during contraction, which helps in body temperature regulation.
 - **Joint Stability** - Muscles provide support and stability to joints.
2. Describe how muscles function in the circulatory system.
 - **Contracting** - Muscles contract to move blood, assisting the heart in pumping the blood throughout the body.
3. Approximately how many different muscles do humans have?
 - **Over 600** - Humans have approximately 600-700 muscles.
4. Name the three types of muscle tissue.
 - **Skeletal muscle**
 - **Cardiac muscle**
 - **Smooth muscle**

Section II: Anatomy of the Muscular System

1. List four characteristics of skeletal muscles.
 - **Voluntary control**
 - **Long contractions** - It takes a long time to contract.
 - **Striated** - They have visible striations.
 - **Single nucleus** - Each muscle cell has one nucleus.
2. What are the two types of muscle fibers, and which one is usually stronger?
 - **Longitudinal fibers** - They are long and thin, allowing for a large range of motion.
 - **Short fibers** - They are shorter and thicker, providing more force.



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