

Name:

Date:

HUMAN MUSCULAR SYSTEM

Answer the questions below!

1. What are the primary functions of the muscular system?

The muscular system is responsible for movement, maintaining posture, stabilizing joints, and generating heat.

2. What are the three types of muscle tissue and where is each type found?

- **Skeletal Muscle:** Attached to bones; responsible for voluntary movements.
- **Cardiac Muscle:** Found only in the heart; responsible for pumping blood.
- **Smooth Muscle:** Located in walls of hollow organs like the stomach and intestines; controls involuntary movements.

3. Describe the structure of a skeletal muscle fiber!

Skeletal muscle fibers are long, cylindrical cells with multiple nuclei. They contain myofibrils, which are made of repeating units called sarcomeres. Sarcomeres contain actin and myosin, which are the proteins that facilitate muscle contraction.

4. How does a nerve impulse trigger a muscle contraction?

A nerve impulse reaches the neuromuscular junction, releasing acetylcholine (ACh). ACh binds to receptors on the muscle fiber, generating an electrical impulse that triggers the release of calcium ions, starting the contraction process.

5. Name three major muscles in the body and their functions!

- **Biceps Brachii:** Flexes the elbow and rotates the forearm.
- **Quadriceps Femoris:** Extends the knee and helps stabilize the knee joint.
- **Gastrocnemius:** Flexes the foot at the ankle and aids in pushing off when walking or running.

Muscular System Packet Answers

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A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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