

## LABORATORY EXERCISE 18

# SKELETAL MUSCLE STRUCTURE

### MATERIALS NEEDED

textbook  
compound microscope  
prepared microscope slide of skeletal muscle tissue  
torso with musculature  
model of skeletal muscle fiber  
*For Demonstration*  
fresh round beefsteak

### SAFETY

- Wear disposable gloves when handling the fresh beefsteak.
- Wash your hands before leaving the laboratory.

**A** skeletal muscle represents an organ of the muscular system and is composed of several kinds of tissues. These tissues include skeletal muscle tissue, nervous tissue, blood, and various connective tissues.

Each skeletal muscle is surrounded by connective tissue. The connective tissue often extends beyond the end of a muscle, providing an attachment to other muscles or to bones. Connective tissue also extends into the structure of a muscle and separates it into compartments.

### PURPOSE OF THE EXERCISE

To review the structure of a skeletal muscle.

### LEARNING OBJECTIVES

After completing this exercise, you should be able to

1. describe how connective tissue is associated with muscle tissue within a skeletal muscle;
2. name and locate the major structures of a skeletal muscle fiber on a model;
3. distinguish between the origin and insertion of a muscle;
4. describe the general actions of prime movers, synergists, and antagonists.

### PROCEDURE

1. Review a textbook section on *skeletal muscle tissue*.
2. Reexamine the microscopic structure of skeletal muscle by observing a prepared microscope slide of this tissue. Use figure 18.1 of skeletal muscle tissue to locate the following features:  
  
skeletal muscle fiber (cell)  
  
nuclei  
  
striations (alternating light and dark)
3. Review a textbook section on *structure of a skeletal muscle*.
4. Study figures 18.2 and 18.3.
5. Examine the torso and locate examples of fascia, tendons, and aponeuroses. Locate examples of tendons in your own body.
6. Complete Part A of Laboratory Report 18.

### DEMONSTRATION

**E**xamine the fresh round beefsteak. It represents a cross section through the beef thigh muscles. Note the white lines of connective tissue that separate the individual skeletal muscles. Also note how the connective tissue extends into the structure of a muscle and separates it into small compartments of muscle tissue. Locate the epimysium and the perimysium of the deep fascia.

7. Examine the model of the skeletal muscle fiber and locate the following:  
  
sarcolemma  
sarcoplasma  
myofibril  
  
myosin filament  
actin filament  
  
sarcomere  
  
A band  
I band

# Laboratory Report 18 Skeletal Muscle Structure Key

**American Physiological Society (1887-  
)**

## **Laboratory Report 18 Skeletal Muscle Structure Key:**

## Decoding **Laboratory Report 18 Skeletal Muscle Structure Key**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Laboratory Report 18 Skeletal Muscle Structure Key**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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