

Muscular system

Muscles are soft tissues composed of tubular cells called myocytes

Half of the body weight is muscle tissue. Male – 40% & female – 32%




Properties of muscles

1. Contractibility: muscle pulls & shorten with force
2. Excitability: from polarized to depolarized
3. Elasticity: return to original length during relaxation
4. Extensibility: can stretch or extend

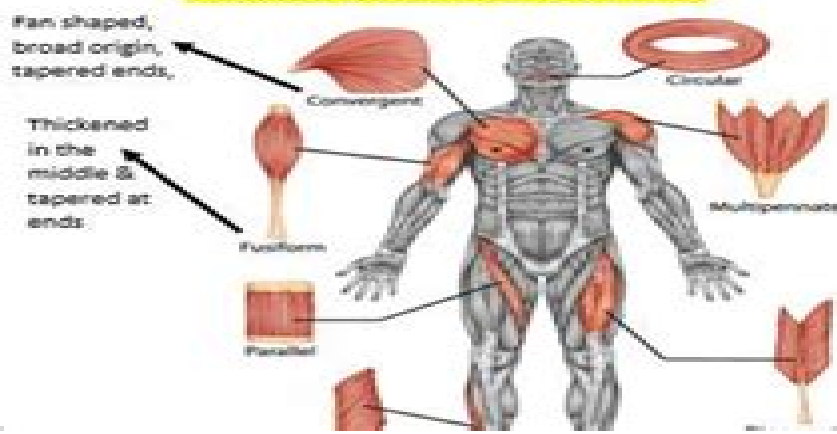
Functions of Muscles

- 1) Produce movement
- 2) Maintain posture
- 3) Stabilize joints
- 4) Produce heat

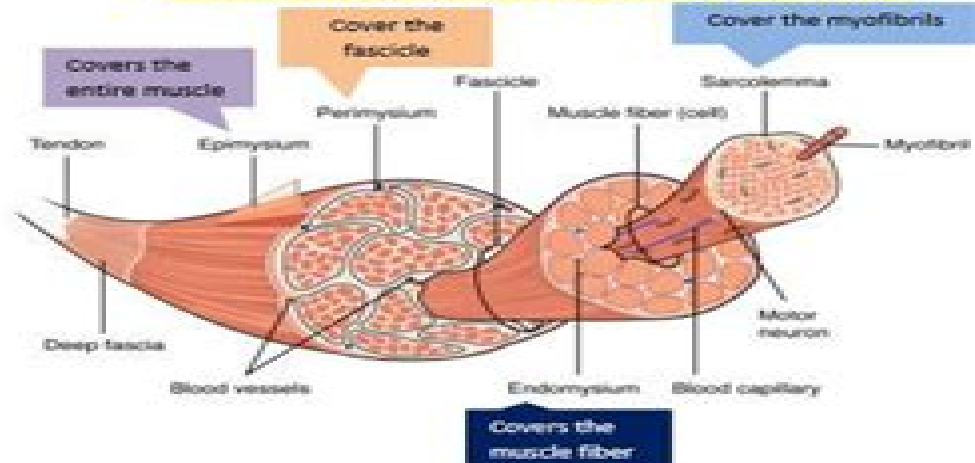
Types of muscles

	Main features	Histology
Skeletal muscle	<ul style="list-style-type: none"> Fibers: striated, tubular and multi nucleated Voluntary Usually attached to skeleton 	
Smooth muscle	<ul style="list-style-type: none"> Fibers: non-striated, spindle-shaped, and uninucleated Involuntary Usually covering wall of internal organs 	
Cardiac muscle	<ul style="list-style-type: none"> Fibers: striated, branched and uninucleated Involuntary Only covering walls of the heart 	

Classification of muscles



Connective Tissue Layers of Muscle

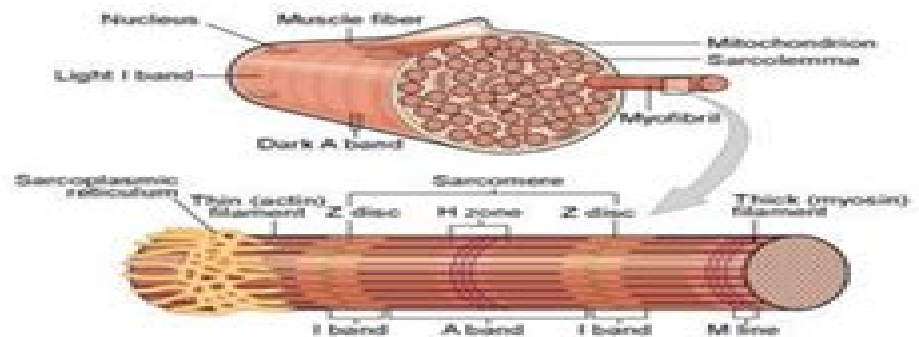


Muscle Fiber

Muscle Fiber: a single cylindrical muscle cell

Myofibril: a basic rod-like organelle of a muscle cell.

Sarcomere: the basic contractile unit of muscle fiber exists from Z-line to Z-line. It is responsible for striation.



A band: dark band (overlapping thick & thin filaments)

I band: light band (Thin filaments only)

Z disc: the lateral borders of sarcomeres and are the smallest functional units in striated muscle.

H zone: is in the center of the A band where there is no overlap between the thick and the thin filaments.

M line: attachment site for the thick filaments

Muscular Skeletal Systems Study Guide

DP Hallahan



Muscular Skeletal Systems Study Guide:

An Illustrated Atlas of the Skeletal Muscles: Study Guide and Workbook Bradley S. Bowden, Joan M. Bowden, 2012-01-01 The Study Guide and Workbook provides a significant review and reinforcement tool to aid students in mastering their knowledge of the human skeleton articulations body motions and the innervations and actions of individual and functional groups of muscles Designed to accompany An Illustrated Atlas of the Skeletal Muscles 3rd edition by Bowden Bowden as an additional study tool it also provides all health professions and life science students an effective self study guide on these topics

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