Skeletal Muscle

Learning Outcomes:

Upon completion of this lab exercise the student will be able to:

1. Define:
   aponeurosis
   antagonist
   fixator
   isotonic contraction
   treppe
   latent period
   agonist
   synergist
   fascia
   isometric contraction
   tetanus

2. List the criteria used when naming muscles and give examples of muscle names demonstrating the use of each.

3. Describe the gross and microscopic anatomy of a muscle using the terms sarcomere, myofilament, endomysium, perimysium, epimysium, fascicle, and tendon appropriately.

4. Identify all of the muscles listed on page 44 using models or dissection material.

5. Name muscle origins, insertions and/or actions as indicated on Muscle Origins, Insertions, Actions (p. 45) and Muscle Actions (p. 46).

6. Identify from microscopic slides skeletal, smooth and cardiac muscle.

7. Describe the effects of stimulus intensity and multiple stimuli on skeletal muscle.

Reference:
Human Anatomy & Physiology, 7th edition, Marieb and Hoehn, pp 281-284, 325-326, 330-383.
A Brief Atlas of the Human Body, 2nd edition, pp. 85-97.
Anatomy & Physiology I Laboratory Manual
   Muscle Identification, p. 44
   Muscle Origins, Insertions, Actions, p. 45
   Muscle Actions, p. 46
   PhysioEx: Skeletal Muscle Physiology, pp. 49-52.
   PhysioEx: Skeletal Muscle Physiology Worksheet, pp. 53-54.

Supplemental Materials:
Login to your **CourseCompass** Account and click on Course Documents. Select Muscle Review.