

### **Human Skeletal Muscle Worksheet**

1. List 3 functions of muscle in the human body.
2. What is a muscle biopsy? Why is it done?
3. What is a myofibril? What are the two types of filaments called?
4. Draw/Attach a picture of a sarcomere.
5. Describe the 'sliding filament theory.'
6. What is a 'motor unit?'
7. Define hypertrophy, hyperplasia and atrophy.
8. Describe Type 1 (slow oxidative) muscle fibers. How are they different from fast glycolytic fibers?