

### Worksheet 9 (11-7 to 11-11) Muscles

1. A single muscle cell is a
  - A) Fasciculus
  - B) Sarcomere
  - C) Myofiber
  - D) Myofibril
2. Most of the interior of muscle fibers are filled with these; which extend from one end of the muscle fiber to the other.
  - A) Myofibrils
  - B) Nuclei.
  - C) Sarcoplasm.
  - D) Sarcoplasmic reticulum
3. What is the functional and contractile unit of a muscle? (Segment from one Z disk to the next)
  - A) Fascicle
  - B) Sarcomere
  - C) Myofibril
  - D) Sarcoplasm
4. Thin reticular connective tissue that covers each (individual) muscle cell
  - A) Endomysium
  - B) Perimysium
  - C) Epimysium
5. Connective tissue sheath that covers a fascicle (bundle of muscle fibers)
  - A) Endomysium
  - B) Perimysium
  - C) Epimysium
6. Connective tissue sheath that covers the entire muscle like an overcoat. (Hint: what Epidermis is to skin)
  - A) Endomysium
  - B) Perimysium
  - C) Epimysium
7. Thin myofilament which resembles two strands of pearls twisted together and provides a binding site for myosin
  - A) Actin
  - B) Myosin
  - C) Troponin
  - D) Tropomyosin
8. A regulatory protein attached to actin which provides a binding site for calcium
  - A) Actin
  - B) Myosin
  - C) Troponin
  - D) Tropomyosin
9. Thick myofilament who's head contains 2 globular subunits that will attach to actin to form a cross bridge necessary for a muscle contraction.
  - A) Actin
  - B) Myosin
  - C) Tropomyosin