

Anatomy: Muscle Worksheet

Name _____

- A. Oxygen Debt _____ 1. If muscle contracts at all, it contracts completely.
- B. Muscle Fatigue _____ 2. Contraction that only lasts a fraction of a second
- C. Heat Production _____ 3. Period where muscle returns to its former length
- D. Threshold Response _____ 4. Minimal strength needed to cause a contraction
- E. All/None Response _____ 5. A sustained forceful contraction
- F. Twitch _____ 6. Muscles continually partially contracted
- G. Cramp _____ 7. Recording of a muscle contraction
- H. Myogram _____ 8. Increasing the number of motor units contracting in a whole muscle
- I. Sustained Contraction _____ 9. Amount of oxygen needed to convert lactic acid to glucose
- J. Tetanic Contraction _____ 10. The time between a stimulus and response
- K. Muscle Tone _____ 11. Muscle loses ability to contract
- L. Latent Period _____ 12. Muscle contracts spasmodically and not relax
- M. Recruitment Units _____ 13. Muscles are a major source of energy/heat
- N. Period of Contraction _____ 14. Period where muscle pulls on attachment
- O. Period of Relaxation _____ 15. Muscle is exposed to a series of contractions, does not complete relaxation
16. The minimal stimulus needed to elicit a muscle contraction is called _____
17. The lag time when a muscle is stimulated and the beginning of a response is _____
18. Muscle fatigue is due to the accumulation of _____
19. A muscle cramp is due to the lack of _____
20. Creatine phosphate is used to _____