

Name _____

Muscles Worksheet

Overview of Muscle Tissues

All muscle cells are called _____ Muscle Fibers _____.

The three types of muscle tissue are:

1. Skeletal
2. Cardiac
3. Smooth

Muscles that move bones are called _____ skeletal _____ because they are under conscious control; all other muscle tissue is called _____ smooth _____ because it cannot be consciously controlled.

The connective tissue around each muscle fiber is the _____ endomysium _____; The layer around each fascicle is the _____ perimysium _____, and the layer around the whole muscle is the _____ epimysium _____. A _____ indirect connection _____ connects muscle to bone; it is a lot like a _____ tendon _____, which is a broad sheet of connective tissue. All types of muscle tissue produce movement; skeletal muscle also maintains _____ posture _____ and stabilizes _____ joints _____.

Microscopic Anatomy of Skeletal Muscle

The plasma membrane of muscle cells is called the _____ sarcolemma _____. The _____ sarcomere _____, with alternating A and I bands, make the cells look striated. The contractile units are called _____ sarcomere _____. The threadlike proteins that cause contraction are the thick, or _____ myosin _____ filaments and the thin, or _____ actin _____ filaments. The _____ sarcoplasmic _____ reticulum _____ is specialized endoplasmic reticulum; its role is to store and release _____ calcium _____ to trigger contraction.