

**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 \_\_\_\_\_