*Chapter 6 Muscles*

*General Overview*

* 3 Muscle Types (Smooth, Skeletal, Cardiac)
* Anatomy of a Muscle Cell
  + Layers of Connective Tissue
  + Muscle Fiber Anatomy (Types of Myofilaments, Bands, Sarcomere, Organelles)
* Stimulation and Contraction of Skeletal Muscle
  + 4 Characteristics
  + 4 Graded Responses
* Nerve Stimulus and Action Potential (6 steps)
* Sliding Filament Theory (basics)
* Energy for Muscle Contractions
  + Creatine Phosphate
  + Aerobic Respiration
  + Anaerobic Respiration
* 2 Types of Muscle Contraction
  + Isotonic
  + Isometric
* Muscle Tone and Effects of Exercise
* 5 Rules of Skeletal Muscle Activity
* Body Movements (14 of them)
* 4 Main Types of Muscles
* Naming of Skeletal Muscles (7 possibilities)
* 7 Types of Fascicle Arrangement

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| **Frontalis**  **Buccinator**  **Masseter**  **Zygomaticus**  **Orbicularis Oculi**  **Temporalis**  **Orbicularis Oris**  **Sternocleidomastoid**  **Gluteus Medius**  **Gluteus Maximus** | **Semitendinosus**  **Biceps Femoris**  **Semimembranosus**  **Gastrocnemius**  **Soleus**  **Sartorius**  **Rectus Femoris**  **Vastus Medialis**  **Vastus Lateralis**  **Fibularis**  **Tibialis Anterior** | **Biceps Brachii**  **Triceps Brachii**  **Brachioradialis**  **Flexor Carpi Ulnaris**  **Extensor Digitorum**  **Trapezius**  **Deltoid**  **External Oblique**  **Rectus Abdominus**  **Latissimus Dorsi**  **Pectoralis Major** |