*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**  |