

Collecting Exercise 10-1: Muscle Tissue and Skeletal Muscle Activity

Muscle Tissue

1. **Smooth muscle** (S) is found in hollow organs that contract and expel contents.
2. **Skeletal muscle** (S) is found at the ends of bones and is responsible for movement.
3. **Cardiac muscle** (S) is found in the heart and is responsible for pumping blood.
 - It is striated and has a central nucleus.
4. **Intercalated discs** are found between cardiac muscle cells.

Skeletal Muscle Attachments and Action

1. **Origin** (O) is the point where a muscle attaches to a bone.
2. **Insertion** (I) is the point where a muscle attaches to a bone.
3. **Contraction** (C) is the process by which a muscle generates force.

Structure of a Skeletal Muscle

1. **Myofibrils** are the basic units of contraction in skeletal muscle.
 - They are composed of repeating units called **sarcomeres**.
2. **Myosin** is the thick filament that provides the contractile force.
 - It has a head that can attach to actin and pull it towards the center of the sarcomere.
3. **Actin** is the thin filament that provides the contractile force.
 - It is composed of two strands of globular actin molecules.
4. **Myofibrils** are composed of repeating units called **sarcomeres**.

2.1. Skeletal Muscle

1. **Myofibrils** are the basic units of contraction in skeletal muscle.
 - They are composed of repeating units called **sarcomeres**.
2. **Myosin** is the thick filament that provides the contractile force.
 - It has a head that can attach to actin and pull it towards the center of the sarcomere.
3. **Actin** is the thin filament that provides the contractile force.
 - It is composed of two strands of globular actin molecules.

2.2. Cardiac Muscle

1. **Myofibrils** are the basic units of contraction in cardiac muscle.
 - They are composed of repeating units called **sarcomeres**.
2. **Myosin** is the thick filament that provides the contractile force.
 - It has a head that can attach to actin and pull it towards the center of the sarcomere.
3. **Actin** is the thin filament that provides the contractile force.
 - It is composed of two strands of globular actin molecules.

2.3. Smooth Muscle

1. **Myofibrils** are the basic units of contraction in smooth muscle.
 - They are composed of repeating units called **sarcomeres**.
2. **Myosin** is the thick filament that provides the contractile force.
 - It has a head that can attach to actin and pull it towards the center of the sarcomere.
3. **Actin** is the thin filament that provides the contractile force.
 - It is composed of two strands of globular actin molecules.
4. **Myofibrils** are composed of repeating units called **sarcomeres**.

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Arturo Cuomo



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