

Muscular system

Muscles are soft tissues composed of tubular cells called myocytes

Half of the body weight is muscle tissue. Male – 40% & female – 32%

Properties of muscles

1. Contractility: muscle pulls & shorten with force
2. Excitability: from polarized to depolarized
3. Elasticity: return to original length during relaxation
4. Extensibility: can stretch or extend

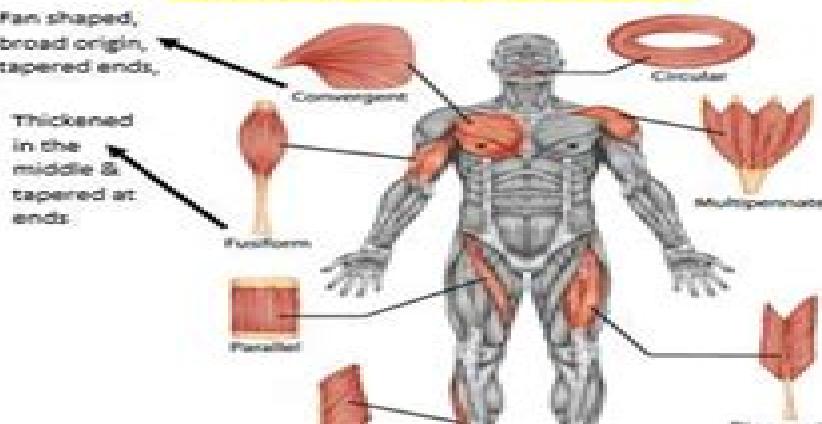
Functions of Muscles

- 1) Produce movement
- 2) Maintain posture
- 3) Stabilize joints
- 4) Produce heat

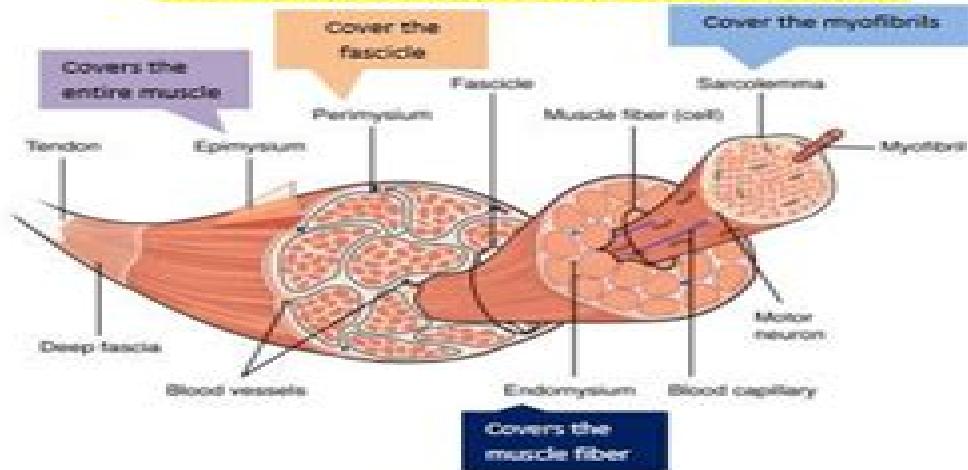
Types of muscles

	Main features:	Histology:
Skeletal muscle	<ul style="list-style-type: none"> Fibers: striated, tubular and multi nucleated Voluntary Usually attached to skeleton 	
Smooth muscle	<ul style="list-style-type: none"> Fibers: non-striated, spindle-shaped, and uninucleated Involuntary Usually covering wall of internal organs 	
Cardiac muscle	<ul style="list-style-type: none"> Fibers: striated, branched and uninucleated Involuntary Only covering walls of the heart 	

Classification of muscles



Connective Tissue Layers of Muscle

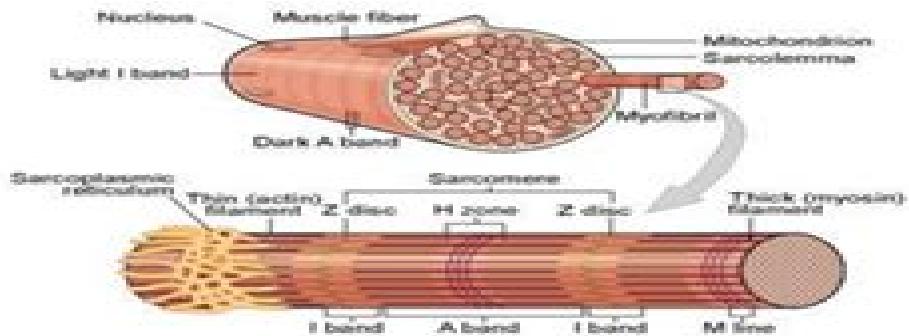


Muscle Fiber

Muscle Fiber: a single cylindrical muscle cell

Myofibril: a basic rod-like organelle of a muscle cell.

Sarcomere: the basic contractile unit of muscle fiber exists from Z-line to Z-line. It is responsible for striation.



A band: dark band (overlapping thick & thin filaments)

I band: light band (Thin filaments only)

Z disc: the lateral borders of sarcomeres and are the smallest functional units in striated muscle.

H zone: is in the center of the A band where there is no overlap between the thick and the thin filaments.

M line: attachment site for the thick filaments

Human Muscular System Study Guide

**W. Hogin McMurtrie, Hogin
McMurtrie, James E. Rikel**

Human Muscular System Study Guide:

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[Muscular System \(Speedy Study Guides\)](#) Speedy Publishing, 2014-06-21 The muscular system is the network of body tissue or muscle bands that are formed over your skeleton frame. The muscles in conjunction with the skeleton and the body's nervous system work together to move the body and guide it through various activities and positions. Certain muscles are more dense than others as a result of certain activities such as cycling or weightlifting which helps develops the thighs or arms and which are expected to carry heavier loads. A chart of the muscular system would be beneficial in helping one understand what muscles are located where in the human body. If one seeks to improve their ability in a particular function the chart will assist in describing which muscles to train

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