

Class: **1 Anatomy Spring**
Description:

Test: **Musc Ana - Phys1 09**
Test Points: **197**
Test Number: **14839**
Printed: **18-March-09 08:03**

- 1) Explain what a concentric contraction is and give an example of one in the body.
- 2) Put the following structures in order from Smallest to Largest. Click on the Smallest first, then the next bigger, etc. Click the largest structure last.
- A ____ Muscle Fiber
B ____ Myofibril
C ____ Muscle
D ____ Motor Unit
E ____ Fascicle
- 3) What type of muscle contraction is this: Scratching an itch
- A ____ Voluntary
B ____ Involuntary
- 4) What is the job of the Connective tissue such as the epimesium, perimesium and endomesium?
- 5) Explain what the collective purpose of the Sarcolemma, Sarcoplasmic Reticulum and the T-tubules are in a muscle cell.

6) Why does dense regular tissue go all the way through a muscle instead of just the visible tendons?

7) What do you call the muscle that pulls in the opposite direction of the motion of a body part?

- A _____ Prime Mover
- B _____ Synergist
- C _____ Antagonist
- D _____ Assistant

8) What do motor units have to do with finger muscles having more fine motor control than leg muscles?

9) What type of muscle contraction is this: Pumping of the heart

- A _____ Voluntary
- B _____ Involuntary

10) What do you call a stimulus too weak to cause contraction?

- A _____ Liminal
- B _____ Subliminal
- C _____ Threshold
- D _____ Summation of stimuli

11) What type of muscle contraction is this: Digestive movements of your stomach

- A _____ Voluntary
- B _____ Involuntary

12) What type of muscle contraction is this: Breathing

- A _____ Voluntary
- B _____ Involuntary

13) What type of muscle contraction is this: Looking to the left and right

- A Voluntary
- B Involuntary

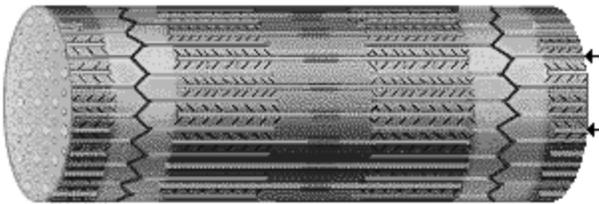
14) What type of muscle contraction is this: Smiling

- A Voluntary
- B Involuntary

15) What did I mean when I said that nerves say go-go-go-go-go-go and not
ooooooooooooooooooooooooooooooooooooo?

16) This is a Point and Click question. You must Click the Media button.

Click on an area where there is no Myosin at all.



17) What type of muscle contraction is this: Reflexes in your arms and legs

- A Voluntary
- B Involuntary

18) Explain what the difference is between a prime mover and a synergist.

19) Muscle lengthens as it contracts

- A Eccentric
- B Concentric
- C Isometric

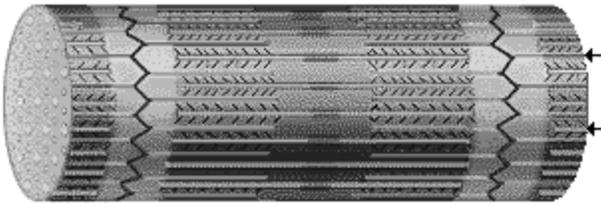
D ____ Twitch

20) The type of muscle proteins that Actin and Myosin are categorized as.

- A ____ assistive
- B ____ primary
- C ____ contractile
- D ____ accessory

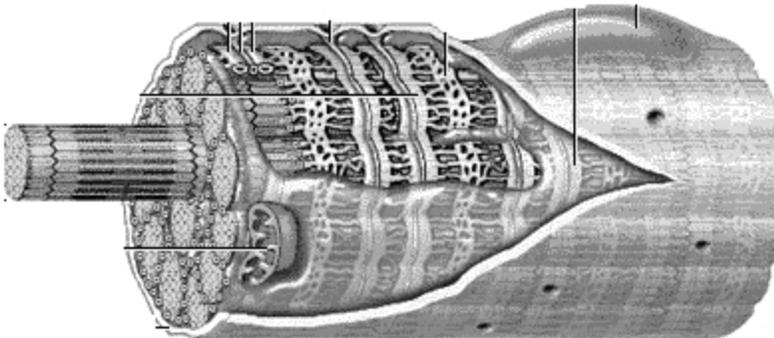
21) This is a Point and Click question. You must Click the Media button.

Click on an area where there is no Actin at all.



22) This is a Point and Click question. You must click the Media button to see the image.

Click on the T-tubules on the diagram.



23) Put the following structures in order from Largest to Smallest. Click on the largest first, then the next smallest, etc. Click the smallest structure last.

- A ____ Muscle Fiber
- B ____ Myofibril
- C ____ Actin
- D ____ Motor Unit
- E ____ Fascicle

24) Type of contraction your bicep brachii does as you lower something to the table.

- A ____ Eccentric
- B ____ Concentric

- C _____ Isotonic
D _____ Hypertonic

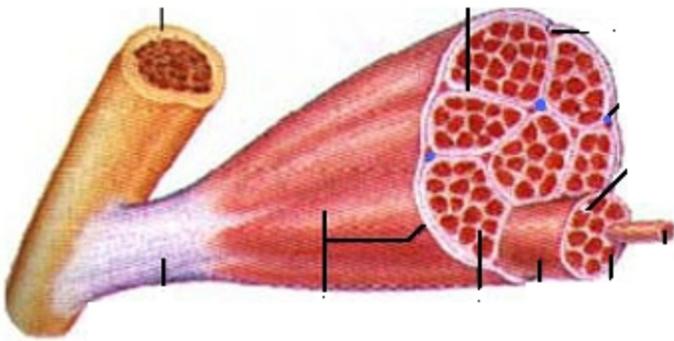
25) How does the all or none response apply to motor units?

26) What type of muscle contraction is this: Controlling blood vessel diameter

- A _____ Voluntary
B _____ Involuntary

27) This is a Point and Click question. You must click the Media button to see the image.

Click on the fascicle closest to the bottom of the diagram.



28) Explain the "All or None" response. What specific parts of the muscular system are all or none?

29) What do you call the muscle that assists the contraction of another muscle?

- A _____ Prime Mover

- B** _____ Synergist
- C** _____ Antagonist
- D** _____ Assistant

30) Type of contraction your pectoralis major does as you push something away from you.

- A** _____ Eccentric
- B** _____ Concentric
- C** _____ Isotonic
- D** _____ Semitonic

31) The all or none response refers to the fact that:

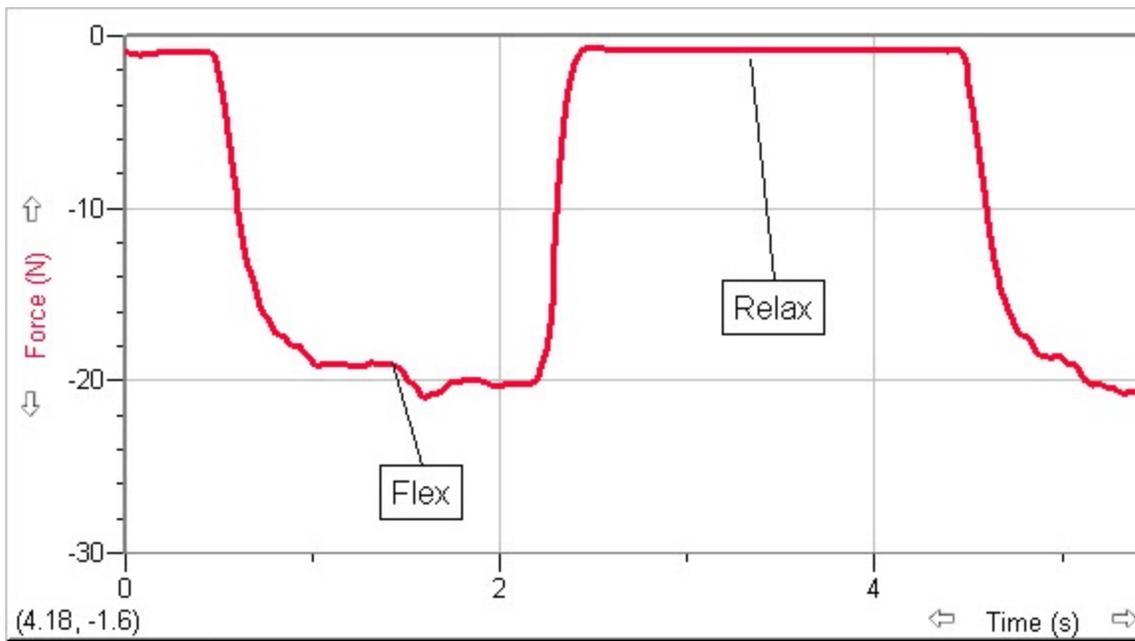
- A** _____ "when a muscle contracts, all of the motor units in the muscle contract, or none of them do."
- B** _____ "when a motor unit contracts, all of the cells in that unit contract together or none of them do"
- C** _____ "when one muscle cell contracts, all cells in the muscle contract or none of them do"
- D** _____ " a motor unit is made of all of the cells in a muscle or none of them"

32) What do you call the muscle that does the majority of the work of a contraction?

- A** _____ Prime Mover
- B** _____ Synergist
- C** _____ Antagonist
- D** _____ Central flexor

33) This is a Point and Click question. You must click the Media button.

Click on the region of the graph when subliminal stimuli are reaching the muscle.



34) Explain the difference between the type of nerve message that causes a twitch compared to a nerve message that causes a 1 minute long contraction.

35) The type of muscle proteins that Troponin and Tropomyosin are categorized as.

A _____ assistive

- B** _____ primary
- C** _____ contractile
- D** _____ accessory

36) Explain what an isometric contraction is and give an example of one in the body.

37) What type of muscle contraction is this: Shivering

- A** _____ Voluntary
- B** _____ Involuntary

38) If muscle cells are all or none, how do you control the strength of a muscle contraction?

39) Which of these correctly describes the insertion of a muscle?

- A** _____ The part that is between and around the muscle fibers
- B** _____ The end that is flattened into a fascia
- C** _____ The end that does not move when the muscle contracts

D _____ The end that does move when the muscle contracts

40) 1. A muscle which contains _____ motor units will have more fine motor control than one with _____ motor units.

A _____ 100 / 1000

B _____ 1000 / 100

C _____ Large / small

41) Which part of a muscle has the most dense regular connective tissue?

A _____ The origin

B _____ The insertion

C _____ The belly (where the muscle is)

D _____ It's all the same

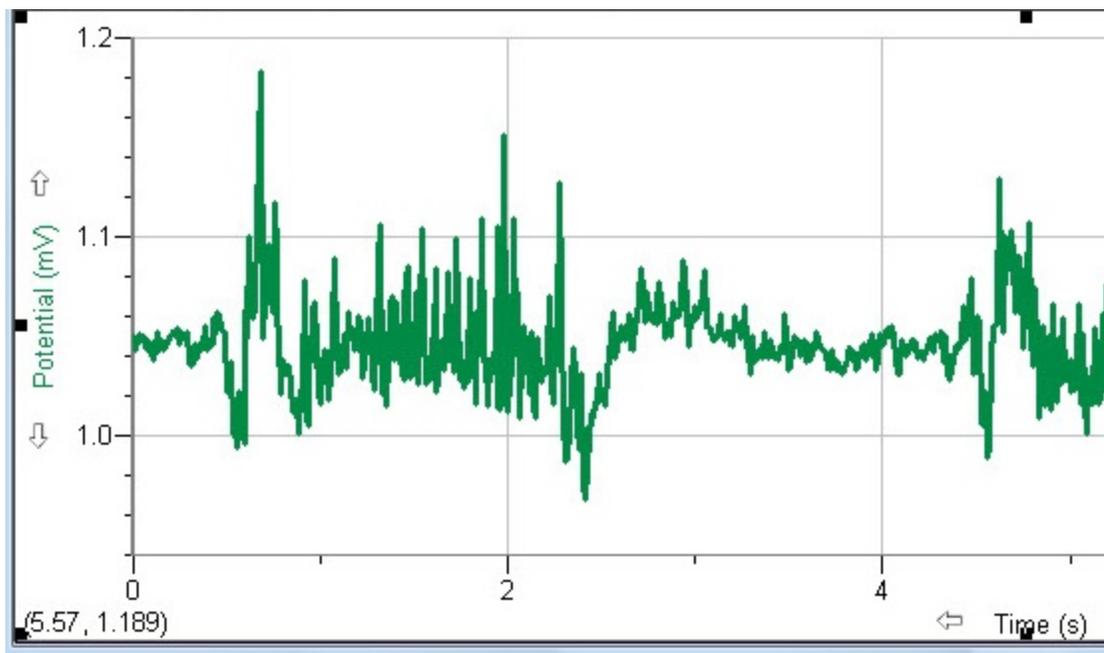
42) What is the difference between the origin of a muscle and the insertion of a muscle. Pick a muscle as an example and name the origin and insertion.

43) How are motor units used to control the strength of a muscle contraction?

44) How are motor units used to simplify muscle contraction?

45) This is a Point and Click question. You must Click the Media button.

Click on an area of the green graph that shows liminal stimuli.



46) The tough tissue (mysiums) that extends through the muscle, giving it strength, is the same tissue type as:

- A** _____ Tendon
- B** _____ Bone
- C** _____ muscle

47) The origin of the quadriceps is...

- A** _____ The Femur
- B** _____ The Circus
- C** _____ The Humerus
- D** _____ The tibia

48) What is the difference between an liminal stimulus and a maximal stimulus?

49) What type of muscle contraction is this: Change of Pupil size

A _____ Voluntary

B _____ Involuntary

50) Explain what the difference is between a prime mover and an antagonist.