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| **MATCHING** **DEFINITIONSFOUND** **BELOW** |
| 40.The thin myofilaments of a sarcomere are anchored onto this vertical structure. |
| 41.This is defined as the type of contraction of a sarcomere whereby the Z-Lines are moving closer together. |
| 42.This substance is released from the Sarcoplasmic Reticulum to bind onto Troponin |
| 43.This is defined as the type of contraction of a sarcomere whereby the Z-Lines are moving further apart in a controlled manner |
| 44.A form of muscle contraction whereby just enough motor units are stimulated to help the body maintain its posture and overcome the effects of gravity. |
| 45.The energy currency of a cell, it is required to prevent Rigor Mortis |
| 46.During flexion of the elbow, the Brachialis would be classified as being the… |
| 47.The Achilles Tendon of the calf muscle would best be classified as this type of tendon. |
| 48.During extension of the elbow, the Biceps Brachii would be classified as being this… |
| 49.If enough of this neurotransmitter substance bridges the synaptic gap, threshold will be reached and the muscle cell will contract. |
| 50.The tendons of the Triceps Brachii that anchor onto the Scapula and Humerus would best be classified as this category of tendon. |
| 51.During extension of the elbow, the Triceps Brachii would be classified as being this…. |
| 52. The region of sarcomere that consist of plain (un-overlapping) myosin. |
| 53.A form of muscle contraction exercise, where the angle across the joint before working the muscle equals the angle across the joint while the muscle is working. |
| 54.A type of muscle contraction, when a single isolated muscle cell is stimulated to go through a full contraction and relaxation. |
| 55.This occurs when a muscle's motor unit is stimulated at a sufficiently high frequency of multiple impulses to provide smooth fluid contraction. |
| 56.A form of muscle contraction exercise, where the angle across the joint changes through a range of motion. |
| 57.The cross-connecting elements of a sarcomere that vertically connect and anchor the Myosin filaments. |
| 58.The long ropey protein that wraps around the Actin and covers up the Myosin binding sites on the Actin. |
| 59.The scientific name for the cell membrane of a muscle fiber. |
| 60.The thin myofilaments of a sarcomere that extend horizontally off of the Z-lines |
| 61.The smaller globular protein that Calcium ions bind onto in order for the Myosin binding sites to be exposed. |
| 62.The thickest myofilament of a sarcomere |
| 63.Increase in number and size of muscleFibers (Cells) in muscle tissue throughExercise, especially strength training. |
| 64.A network of membranous saccules in a muscle fiber that store and release Ca ++ |
| 65.Basic contractile unit of a Myofibril. |
| 66.The connective fascia tissue that wraps up the outside of a muscle body. |
| 67.The region of a sarcomere that consists of plain (unoverlapping) Actin. |
| 68.The connective fascia tissue that is found just to the outside of a muscle fiber’s sarcolemma. |
| 69.The region of a sarcomere that spans the entire length of the myosin. |
| 70.The connective fascia tissue that wraps up the muscle bundles |
| 71.The proper scientific name for a muscle cell. |
| 72.This muscle cell organelle produces ATP. |
| 73.Deep [invagination](http://en.wikipedia.org/wiki/Invagination)s of the [sarcolemma](http://en.wikipedia.org/wiki/Sarcolemma) which allow [depolarization](http://en.wikipedia.org/wiki/Depolarization) of the membrane to quickly penetrate to the interior of the cell |
| 74. The meat of a muscle. Tendons are usually found flanking both ends of this macroscopic structure. |
| 75.The more scientific name for the muscle bundles.  |
| 76. The wasting away of muscle tissue Due to lack of muscle stimulation Lack of exercise and possibly poor nutrition |
| 77.A short-lived state of stiffening of Muscle tissue after death as ATP Supply runs down and cross-bridgesBetween Myosin heads and Actincannot be broken |
| 78.The rod-like arrangements of myofilaments found inside the muscle fiber. |