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| **MATCHING**  **DEFINITIONS FOUND**  **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 muscle  Fibers (Cells) in muscle tissue through  Exercise, 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-bridges  Between Myosin heads and Actin  cannot be broken |
| 78.  The rod-like arrangements of  myofilaments found inside the  muscle fiber. |