

This type of muscle tissue is found in the walls of hollow visceral organs
(smooth)

Long ribbon like organelles within muscle cells
(myofibrils)

ion that rushes into the cell during depolarization
(sodium)

This movement decreases the angle of the joint, like bending your arm
(flexion)

The muscle that has the major responsibility for a particular movement
(prime mover)

This type of muscle tissue has intercalated discs
(cardiac)

Thick filaments
(myosin)

neurotransmitter that stimulates the muscle cells
(acetylcholine)

This movement is moving a limb away from the midline of the body
(abduction)

Muscles that oppose or reverse a movement
(antagonist)

This type of muscle tissue has many nuclei
(skeletal)

Thin filaments
(actin)

Space between muscle cell and neuron
(synaptic cleft)

Pointing your toes is this movement
(plantar flexion)

Muscle type that helps prime movers by producing the same movement
(synergist)

This type of muscle tissue does NOT have any rhythmic contraction
(skeletal)

One unit of contraction
(sarcomere)

two pathways that require no oxygen
(direct phosphorylation
and anaerobic glycolysis)

Touching your fingers to your thumb is this movement
(opposition)

Specialized synergists that stabilize joints
(fixator muscles)

This type of tissue does NOT have striations

(smooth)

The modified plasma membrane in muscle cells

(sarcolemma)

Produces the most ATP per glucose molecule

(aerobic respiration)

Walking on your heels is this movement

(dorsiflexion)

The movable attachment to a muscle

(insertion)

The kissing muscle

(orbicularis oris)

Triangular shaped muscle of the shoulder

(deltoid)

This muscle bulges when the elbow is flexed

(biceps bracci)

The two bellied muscle in the back of the calf

(gastrocnemius)

Criteria used in naming the trapezius

(shape)

The muscle used in smiling

(zygomaticus)

Adducts and flexes humerus

(pectoralis major)

This acts as the prime mover in elbow extension

(triceps bracci)

This plantar flexes the foot

(soleus, fibularis, gastrocnemius)

Criteria used in naming temporalis

(origin OR location)

The muscle used to wink

(orbicularis oculi)

Muscles on the back of the neck and upper trunk (trapezius)

Besides the biceps brachii, another muscle used to flex the elbow)

Muscles of the inner thigh that press the thighs together

(adductor group)

Criteria used in naming biceps brachii

(number of origins, location of the muscle)

Used in blowing a trumpet

(buccinator)

Adducts and extends the humerus

(latissimus dorsi)

Abducts the arm

(deltoid)

Three muscles that make up the hamstring group in the posterior thigh(biceps femoris, semimembranosus, semitendinosus)

Criteria used in naming gluteus maximus

(location and size)

Closes the jaw by elevating the mandible

(masseter)

Used in nodding your head and shaking it no

(sternocleidomastoid)

An antagonist of the deltoid

(Latissimus dorsi OR pectoralis major)

Three muscles of the quadriceps group

(rectus femoris, vastus lateralis, vastus medialis)

Criteria used in naming external oblique (location and direction of muscle fibers)