

Chapter 1: Structure & Function of the Muscular, Neuromuscular, Cardiovascular, & Respiratory Systems

- Muscular system
 - Muscle is surrounded by epimysium
 - Tendon connects to bone periosteum, a specialized connective tissue covering all bones
 - Under the epimysium the muscle fibers are grouped in bundles (fasciculus) which are surrounded by perimysium
 - Each individual muscle fiber is surrounded by endomysium
 - The fibers actual membrane is the sarcolemma
 - Each of the connective tissues are continuous with the tendon
 - Neuromuscular junction- junction between the motor neuron & the muscle fiber it innervates
 - Motor unit- a motor neuron & all the muscle fibers it innervates
 - Sarcoplasm- cytoplasm of a muscle fiber; contains contractile components, proteins filaments, glycogen, mitochondria, sarcoplasmic reticulum
 - Myofibrils- make up muscle fiber; contain myosin & actin
 - Sarcomere- smallest contractile unit
 - A b&- corresponds with the alignment of the myosin filaments
 - I b&- corresponds with the areas that contain **only** actin filaments
 - Z line- middle of I b& & where the actin filaments are anchored
 - H zone- the center of the sarcomere where **only** myosin filaments are present
 - Sliding filament theory
 - Resting phase
 - Little calcium is present in the myofibril (most of it is stored in the sarcoplasmic reticulum)
 - Excitation-contraction coupling phase
 - Sarcoplasmic reticulum release calcium, which binds with troponin, which causes a shift in tropomyosin. This shift uncovers the binding spot on actin for myosin. The number of cross bridges that are attached to actin filaments at any instant in time dictates the force production of a muscle
 - Contraction phase
 - Energy comes from hydrolysis of ATP to ADP & phosphate (catalyzed by ATPase)
 - Calcium must be provided for the eventual shift of tropomyosin
 - ATP must replace ADP on myosin head in order for the head to detach from the actin site & re-cock
 - Recharge phase
 - Measurable muscle shortening transpires only when all these events are repeated over & over again throughout the muscle fiber. This occurs as long as calcium & ATP is available
 - Relaxation phase
 - Occurs when the stimulation of the motor nerve stops
 - Calcium is pumped back into the sarcoplasmic reticulum
 - Actin & myosin return to their unbound state
- Neuromuscular system
 - Activation of muscles
 - Action potential hits nerve terminal → Ach diffuses across neuromuscular junction, causing excitation of sarcolemma → action potential generated across sarcolemma → fiber contracts
 - All of the muscle fibers in the motor unit contract & develop force at the same time
 - All or none principle
 - A twitch can occur & if they occur close enough together, tetanus happens

Cscs Study Guide

Matthew Lanni



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Table of Contents Cscs Study Guide

1. Understanding the eBook Cscs Study Guide
 - The Rise of Digital Reading Cscs Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Cscs Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cscs Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cscs Study Guide
 - Personalized Recommendations

- Cscs Study Guide User Reviews and Ratings
- Cscs Study Guide and Bestseller Lists
- 5. Accessing Cscs Study Guide Free and Paid eBooks
 - Cscs Study Guide Public Domain eBooks
 - Cscs Study Guide eBook Subscription Services
 - Cscs Study Guide Budget-Friendly Options
- 6. Navigating Cscs Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Cscs Study Guide Compatibility with Devices
 - Cscs Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cscs Study Guide
 - Highlighting and Note-Taking Cscs Study Guide
 - Interactive Elements Cscs Study Guide
- 8. Staying Engaged with Cscs Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cscs Study Guide
- 9. Balancing eBooks and Physical Books Cscs Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cscs Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Cscs Study Guide
 - Setting Reading Goals Cscs Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Cscs Study Guide
 - Fact-Checking eBook Content of Cscs Study Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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