

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

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