

Unit 1: Anatomy and Physiology

Chapter 6: The Muscular System

Section 6.1: The Musculoskeletal System:

- Know the three types of muscle tissue
- Know the components and functions of the musculoskeletal system
 - How they are named (table 6.1 pg. 165)
- Know what agonist and antagonist muscles are and some examples of common sets
 - (table 6.2 pg. 166)
- Know what the origin, insertion and function of major muscles and muscle groups.
 - (handouts and on pages 168 – 169)

Section 6.2: The Anatomy of Skeletal Muscle

- Know the structure of skeletal muscle
- Understand how the neuromuscular system works and its components
- Know how the nervous system controls movement (fig. 6.8, 6.9 pg's 174-175)

Section 6.3: Muscle and Tendon Injuries

- Know some common muscle and tendon injuries

Section 6.4: The Sliding Filament Theory of Muscle Contraction

- Be able to describe the sliding filament theory and the role of Calcium and ATP
- Be able to discuss the action of Excitation-Contraction Coupling (pg's 180 – 181)

Section 6.5: Reflexes, Proprioception and Movement

- Understand the how the reflex arc works
- Know what proprioceptors are and what they do
- Know what the stretch and tension reflex is and what is associated with it.
- Understand the stretch reflex (pg's 186 – 187)

Pg's 188 – 205 give examples of different types of muscle groups, their insertions, how they act upon the area where they are found, etc. These are a good resource for the understanding of muscles.