

# Muscular Unit – Review

Name \_\_\_\_\_

Date \_\_\_\_\_

1. The body has approximately _____ muscles.	
2. Name three functions of your muscles. A. B. C.	
3. Involuntary Muscles –	
4. Voluntary Muscles –	
List where each of the following muscle tissue is found, described its appearance, and lists its functions; 5. Skeletal muscle tissue –	
List where each of the following muscle tissue is found, described its appearance, and lists its functions; 6. Smooth Muscles –	
List where each of the following muscle tissue is found, described its appearance, and lists its functions; 7. Cardiac Muscles –	
8. Define and give two examples of antagonistic muscles	
Define the following parts of the muscles. 9. Tendon –	
Define the following parts of the muscles. 10. Fasciculus –	
Define the following parts of the muscles. 11. Fasciculi –	
Define the following parts of the muscles. 12. Muscle Fiber –	
Define the following parts of the muscles. 17. Actin –	
Define the following parts of the muscles. 18. Myosin –	

Define the Following: 19. Intensity of a movement depends on –	
Define the Following: 20. Reflex -	
Define the Following: 22. Fast Twitch –	
Define the Following: 23. Slow Twitch –	
Define the Following: 24. Cardio-respiratory Endurance –	
Define the Following: 25. Muscular Strength –	
Define the Following: 26. Muscular Endurance –	
Define the Following: 27. Muscular Power –	
Define the Following: 28. Flexibility –	
Define the Following: 29. Body Composition –	
30. Isotonic –	
Define the Following: 31. Concentric Contraction –	
Define the Following: 32. Eccentric Contraction –	
Define the Following: 33. Isometric –	
Define the Following: 34. Adenosine Triphosphate - Adenosine Diphosphate + P –	

Define the Following: 35. Anaerobic Alactic System –	
Define the Following: 36. Anaerobic Lactic –	
Define the Following: 37. Aerobic System –	
Define the Following: 38. Origin –	
Define the Following: 39. Insertion –	
Describe the following movements 40. Flexion –	
Describe the following movements Extension –	
Describe the following movements 41. Everson	
Describe the following movements Inversion –	
Describe the following movements 42. Pronation	
Describe the following movements Supination –	
Describe the following movements 43. Abduction –	

Describe the following movements 44. Adduction	
List the muscles functions; 45. Bicep -	
List the muscles functions; 46. Triceps-	
List the muscles functions; 47. Pectoralis major-	
List the muscles functions; 48. Deltoid-	
List the muscles functions; 49. Trapezius-	
List the muscles functions; 50. Latissimus Dorsi-	
List the muscles functions; 51. Gluteus Maximus-	
List the muscles functions; 52. Rectus Abdominis-	
List the muscles functions; 53. External Oblique-	
List the muscles functions; 54. Quadriceps	
List the muscles functions; 55. Hamstrings-	
List the muscles functions; 56. Sartorius-	
List the muscles functions; 57. Gastrocnemius-	
List the muscles functions; 58. Extensor Digitorum Longus-	
List the Tendons functions; 59. Achilles Tendon-	
Define the Following: 60. Lactic Acid –	

61. Define the Following:  <b>Muscle Cramp –</b>	
62. Define the Following:  <b>Muscle Strain –</b>	
63. Define the Following:  <b>Torn Muscle –</b>	
64. Define the Following:  <b>Torn Tendon –</b>	
65. Define the Following:  <b>Tendonitis –</b>	
66. Define the Following:  <b>Shin Splints –</b>	
67. Define the Following:  <b>Hernia –</b>	
68. <b>Muscular Dystrophy –</b>	