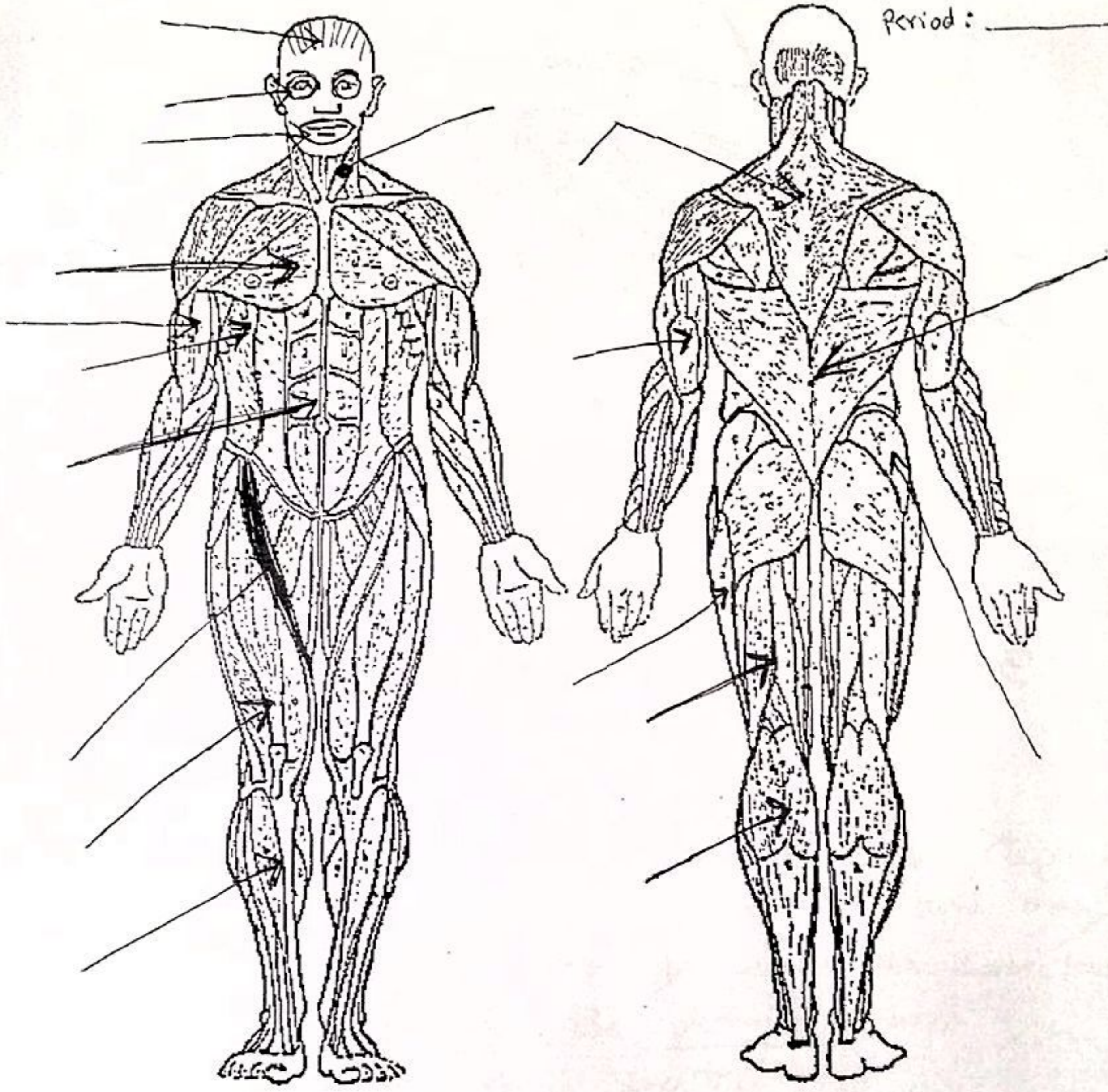


Label the diagram below with the words provided.
 There are two extra words in the word bank.

Name: _____
 Period: _____



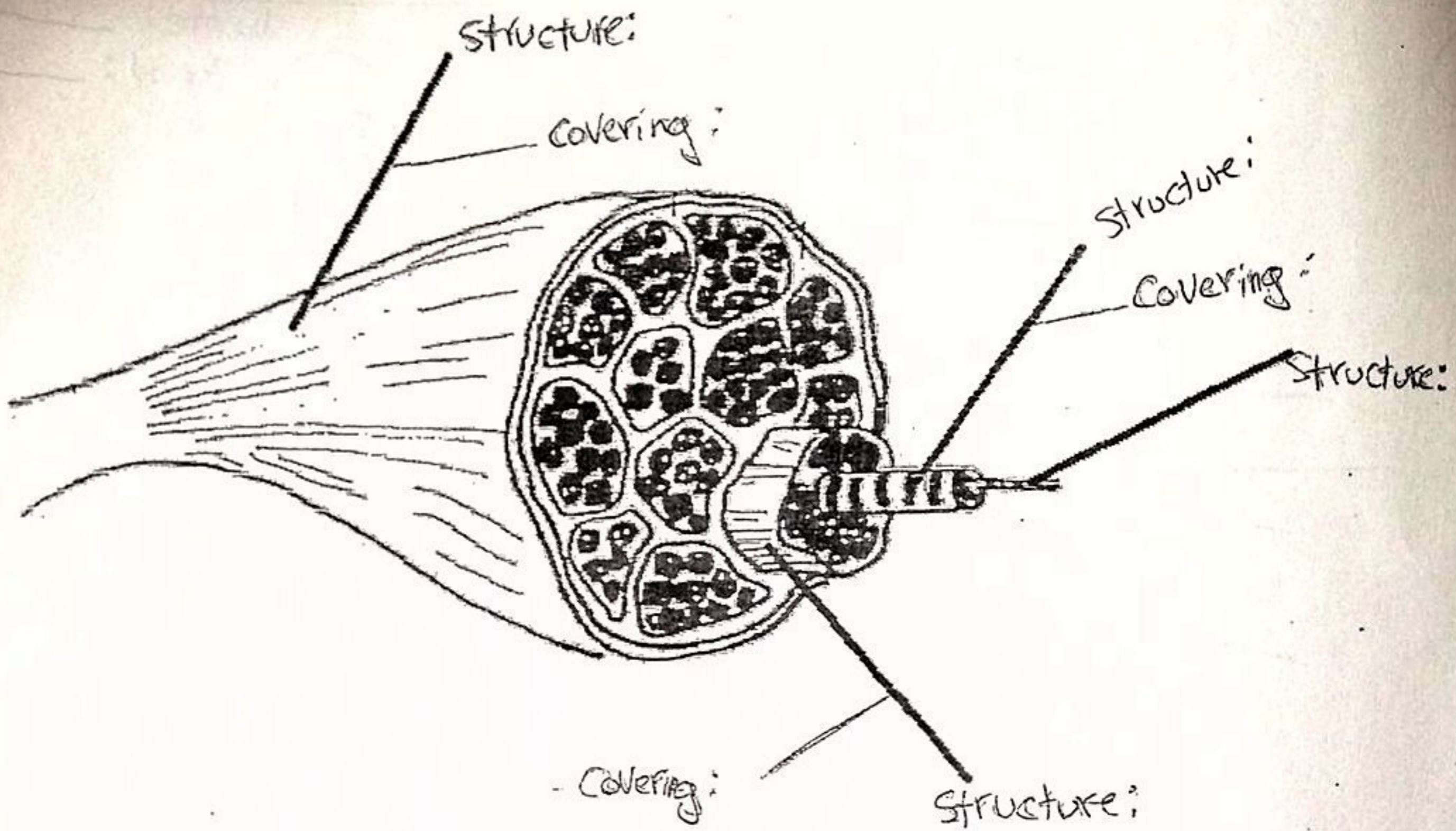
Gastrocnemius
 Hamstrings
 Rectus Abdominus
 Gluteus Medius
 Pectoralis Major
 Gluteus Maximus

Orbicularis Oris
 Orbicularis Oculi
 Serratus Anterior
 Sartorius
 Tibialis Anterior
 Iliotibial Band

Quadriceps
 Sternocleidomastoid
 Biceps
 Triceps
 Trapezius
 Latissimus Dorsi
 Frontalis

2. Label the microscopic anatomy of the muscle below by using the following word bank:

Myofibril, Fascicle, Muscle, Epimysium, Muscle Fiber, Endomysium, Perimysium.



3. What is the name of the functional unit of muscle?

List the different muscles of the hamstring.

5. What is the origin of the hamstring? How about the insertion?

6. What is the origin of the Gastrocnemius? How about the insertion?

7. List the steps of the excitation contraction coupling in your own words. It does not matter how many steps you have, as long as you use the correct terms and use bullets. Be detailed and you may use the back of this sheet.

Name: _____ Period: _____

Muscle worksheet

8. List and explain the four properties of muscle:

9. Does smooth muscle have striations?

10. As talked about in class, what makes up the striations in skeletal muscle?

11. Define the terms perimysium, epimysium, and endomysium.

12. What is a sarcolemma?

In each box circle the word that does not belong & then explain your answer.

Extensors of wrist	Gluteus maximus
Iliotibial band	Gluteus medius

*

2.)

Latissimus dorsi	orbicularis oris
Frontalis	orbicularis oculi

*