Muscular System Overview

To complete this worksheet, select:

- Module: Support and Movement
- Activity: Anatomy Overviews
- Title: Muscular System Overview

1. Click the Skeletal Muscle Cross Section and identify each of the following. Consult your textbook for a description of each.
   
   **Epimysium**
   
   **Deep Fascia**
   
   **Muscle Cell**
   
   **Perimysium**
   
   **Myofibril**
   
   **Filament**
   
   **Sarcolemma**
   
   **Endomysium**
   
   **Fascicle**
   
   **Tendon**
   
   **Bone (radius)**
   
   **Periosteum**

2. Using your textbook, define an aponeurosis.
3. Identify each of the following:

Biceps brachii  
Tendon  
Radius

4. Describe arm movement (flexion) when filaments are contracted.

5. Click on the Skeletal Muscle Cell. Muscle fibers contain bundles of myofibrils. Myofibrils are composed of smaller filaments.

Identify each of these structures in the diagram.

- Describe what happens when a sarcomere shortens.
6. Identify each of the following:

   Origins of triceps brachii
   Belly of triceps brachii
   Insertion of triceps brachii

7. Identify each of the following:

   Origins of biceps brachii
   Tendons
   Belly of biceps brachii
   Elbow joints
   Radius
   Ulna

• Describe the following muscle functions

   o Movement ______________________________________________________

   o Stabilization __________________________________________________

   o Heat production ______________________________________________