

Approximately how many skeletal muscle are there in the body? \_\_\_\_\_

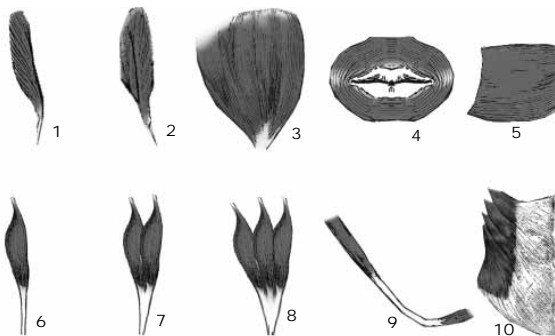
What 3 factors determine muscle contraction strength?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Through what range of motion do skeletal muscles have their maximum strength?

1. \_\_\_\_\_

Name the muscle shape.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Match the Definitions

\_\_\_\_\_ : fibrous connective tissue that **connects muscle to bone, or muscle to muscle** and is designed to withstand tension (pulling force)

\_\_\_\_\_ : attachment point of a muscle on a bone; usually more proximal/medial, or more fixed attachment (denoted **red** on anatomical drawings & models)

\_\_\_\_\_ : attachment point for a muscle on a bone; usually more distal/lateral, or movable point of attachment on which the force of the muscle is applied (denoted **grey** or **blue** on anatomical drawings & models)

\_\_\_\_\_ **contraction**: muscle shortening contraction (muscle actions are given as concentric contractions). Insertion is brought closer to origin

\_\_\_\_\_ **contraction**: muscle lengthening contraction. Origin and insertion are taken away from each other

\_\_\_\_\_ **contraction**: muscle length stays the same, when tension is developed. Origin & insertion do not move

\_\_\_\_\_ : muscle that creates primary movement in a joint by contracting. Also known as '**prime movers**' as they are primarily responsible for generating movement

\_\_\_\_\_ : aids the action of a 'prime mover' by assisting the same movement or preventing undesirable movements by stabilizing joints across which the prime mover acts

\_\_\_\_\_ : muscle acts in opposition the agonist and returns a limb to its initial position

- Eccentric
- Antagonist
- Insertion
- Tendon
- Origin
- Concentric
- Agonist
- Isometric
- Synergist