



## Self Directed CPDs

### The Muscular System

Questions based on the Louise Tucker book *An Introductory Guide to Anatomy and Physiology*

1. What surrounds a muscle bundle the end of which forms a tendon?
2. What is the function of a muscle?
3. How many types of muscular tissue are there?
4. Draw a diagram of each type naming their function and main characteristics?
5. When a muscle contracts does it become longer and thinner or shorter and thicker?
6. Name two types of muscle that contract independently.
7. What do we call muscles that we control the movement of?
8. Describe an isometric and isotonic contraction and give an example of each.
9. What is the role of an antagonist muscle?
10. What is the role of an agonist muscle?
11. What stimulates a muscle to contract?
12. Muscles convert n..... and o..... into energy by c..... changes
13. Waste l..... a..... is excreted into the v..... blood flow
14. List 7 factors that affect a muscle's ability to contract.



15. Match the term with it's description

Tone	- a reduction in the number of muscle fibres contracting
Relaxation	- deficiency in oxygen creates lactic acid build up. The muscle cannot function optimally until the lactic acid is removed
Muscle Tension	- slight degree of fibre contraction whilst others relax
Muscle fatigue	- an over stimulation of muscle fibres

16. Describe the following:

- \* Attachment
- \* Belly
- \* Insertion
- \* Origin

17. Do tendons connect bone to bone or muscle to bone?

18. Match the term with it's description

Fibrositis	- tear or rupture of ligaments, for example of the ankle
Cramp	- lack or normal muscle tone or tension
Atony	- tear or rupture of a muscle caused by overloading/overcontracting
Atrophy	- tear in the muscle fascia
Myositis	- painful localised, involuntary muscle contraction
Rupture	- inflammation of soft tissue causing pain and stiffness
Spasm	- muscle inflammation
Spasticity	- sustained muscle contraction usually in response to pain
Sprain	- sustained muscle contraction caused by spinal reflexes
Strain	- wasting of muscle bulk