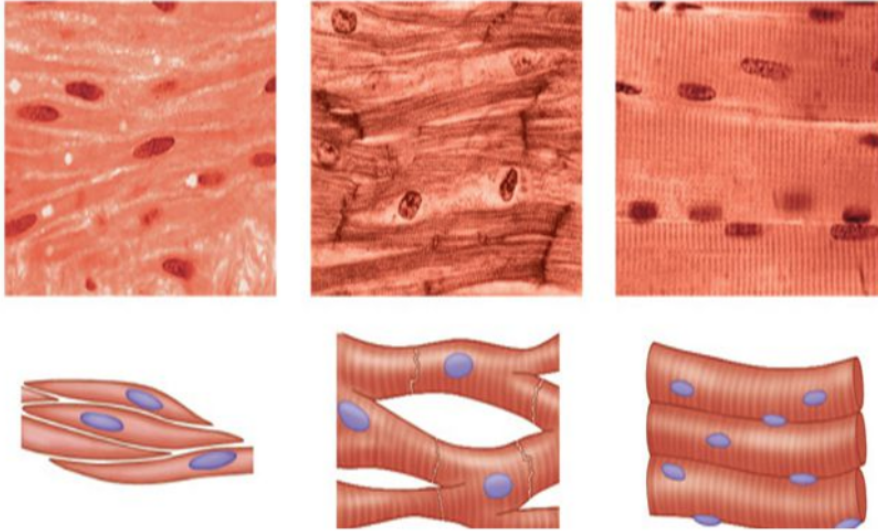


**Muscle Basics Questions. Complete the following questions. Use a book and notes from the class as a guide!**

1. Identify the type of muscle tissue below. Explain how you know which type it is.



Smooth tissue

cardiac tissue

skeletal tissue

2. What are the three properties of skeletal muscles?

skeletal muscle have three main properties

elasticity

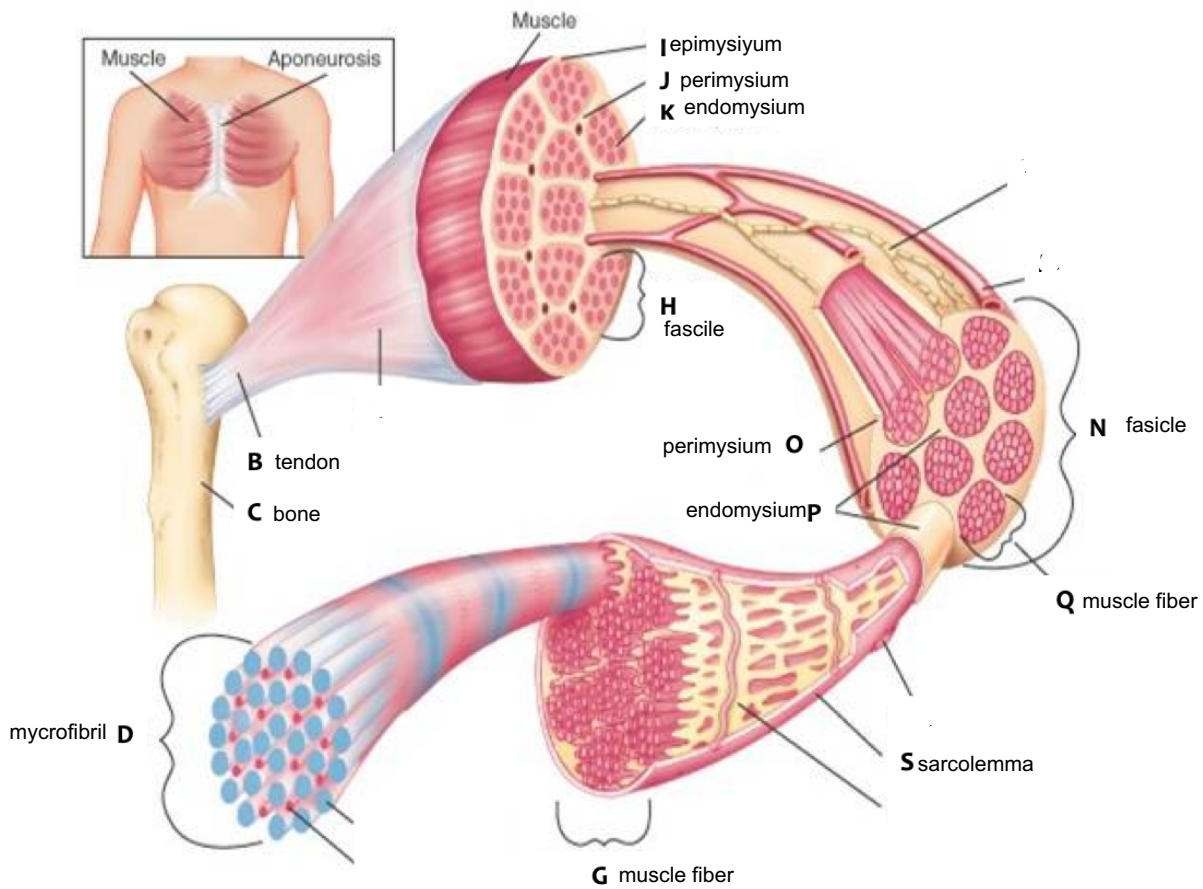
extensibility

contractility

3. Identify the six main functions of the Skeletal muscles

producing skeletal movement  
maintaining posture  
supporting soft tissues  
guarding body entrances and exits  
maintaining body temperature -> because contraction makes heat  
provides nutrient reserves (stores aminos)

4. **Muscle Structure** – Identify the labeled muscles A-T below. If there are any you cannot identify, use a textbook, your notes or online resource. (Do not label A, L, M, R, T and E+F yet!)



5. Label the parts of the myofibril below. If there are any you cannot identify, use a textbook, your notes or online resource.

