

6.1 Classwork

Muscle notes 1:

- 3 types of muscle: smooth, skeletal, cardiac
- movement, posture, circulates blood, controlled by nervous system, heat production
- Cardiac muscle only in your heart

Smooth muscle:

- Involuntary
- Made of fibers
- Don't tire easily
- Walls of stomach/intestines, walls of arteries

Cardiac muscle:

- Found in heart
- Rhythmic, powerful contractions
- involuntary

Skeletal muscle:

- Voluntary
- Attached to the bone, and striated
- Hold the skeleton together, give body shape, and help daily movement
- Contract quickly but tire easily

- Bundles of muscle fibers called fascicles

- muscle fiber is a group of muscle cells made up of myofibrils

Myofibril:

- 2 types of protein filaments
- Actin- thin protein filaments
- Myosin- thick protein filaments
- Z disc- point of anchor of actin
- Sacromere- functional unit of myofibril, region between Z disc