



REVIEW SHEET

Gross Anatomy of the Muscular System



Department of Health, Behavior, and Society
2025 Spring Semester
2025

Name: Section: Date:

Classification of Skeletal Muscles

1. Name the three general categories of skeletal muscles

Extrinsic, Intrinsic, and Accessory (muscles that are not directly attached to the skeleton)

1. Extrinsic muscles: originate outside the muscle compartment

2. Intrinsic muscles: originate and insert within the muscle compartment

3. Accessory muscles: assist in the movement of the primary muscles

4. Deep muscles: located deeper in the muscle compartment

5. Superficial muscles: located closer to the surface

6. Unipennate muscles: fibers converge to a single tendon

7. Bipennate muscles: fibers converge to two tendons

2. Identify the key features of myofibrils:

1. Myofibrils are composed of repeating units called sarcomeres.

2. Each sarcomere is bounded by Z-discs.

3. Myofibrils contain thick filaments (myosin) and thin filaments (actin).

4. Myofibrils are organized into myofibrillar bundles.

5. Myofibrils are surrounded by a sarcolemma.

6. Myofibrils are connected to the cell membrane by desmosomes.

7. Myofibrils are surrounded by a sarcoplasmic reticulum.

Anatomy Lab Exercise 13 Answers

J Dewey



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