

Chapter 9

Muscles and Muscle Tissue

9.1 Overview of Muscle Tissue

- Nearly half of body's mass
- Can transform chemical energy (ATP) into directed mechanical energy, which is capable of exerting force

Types of Muscle Tissue

- Terminologies: *Myo*, *mys*, and *sarco* are prefixes for muscle
 - Example: sarcoplasm: muscle cell cytoplasm
- Three types of muscle tissue
 - **Skeletal**
 - **Cardiac**
 - **Smooth**
- **Skeletal muscle**
 - **Skeletal muscle tissue** is packaged into *skeletal muscles*: organs that are attached to bones and skin
 - **Skeletal muscle fibers** are longest of all muscle and have *striations* (stripes)
 - Also called **voluntary muscle**: can be consciously controlled
 - Contract rapidly; tire easily; powerful
 - Keywords for skeletal muscle: *skeletal*, *striated*, and *voluntary*
- **Cardiac muscle**
 - **Cardiac muscle tissue** is found only in heart
 - Makes up bulk of heart walls
 - Striated
 - Involuntary: cannot be controlled consciously
 - Contracts at steady rate due to heart's own pacemaker, but nervous system can increase rate
 - Keywords for cardiac muscle: *cardiac*, *striated*, and *involuntary*
- **Smooth muscle**
 - **Smooth muscle tissue**: found in walls of hollow organs
 - Examples: stomach, urinary bladder, and airways
 - Not striated
 - Involuntary: cannot be controlled consciously
 - Can contract on its own without nervous system stimulation

Characteristics of Muscle Tissue

- All muscles share four main characteristics:
 - **Excitability** (responsiveness): ability to receive and respond to stimuli
 - **Contractility**: ability to shorten forcibly when stimulated
 - **Extensibility**: ability to be stretched

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RJ Shavelson



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Table of Contents Chapter 9 Muscles And Muscle Tissue

1. Understanding the eBook Chapter 9 Muscles And Muscle Tissue
 - The Rise of Digital Reading Chapter 9 Muscles And Muscle Tissue
 - Advantages of eBooks Over Traditional Books
2. Identifying Chapter 9 Muscles And Muscle Tissue
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Chapter 9 Muscles And Muscle Tissue
 - User-Friendly Interface
4. Exploring eBook Recommendations from Chapter 9 Muscles And Muscle Tissue
 - Personalized Recommendations
 - Chapter 9 Muscles And Muscle Tissue User Reviews and Ratings
 - Chapter 9 Muscles And Muscle Tissue and Bestseller Lists

5. Accessing Chapter 9 Muscles And Muscle Tissue Free and Paid eBooks
 - Chapter 9 Muscles And Muscle Tissue Public Domain eBooks
 - Chapter 9 Muscles And Muscle Tissue eBook Subscription Services
 - Chapter 9 Muscles And Muscle Tissue Budget-Friendly Options
6. Navigating Chapter 9 Muscles And Muscle Tissue eBook Formats
 - ePub, PDF, MOBI, and More
 - Chapter 9 Muscles And Muscle Tissue Compatibility with Devices
 - Chapter 9 Muscles And Muscle Tissue Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Chapter 9 Muscles And Muscle Tissue
 - Highlighting and Note-Taking Chapter 9 Muscles And Muscle Tissue
 - Interactive Elements Chapter 9 Muscles And Muscle Tissue
8. Staying Engaged with Chapter 9 Muscles And Muscle Tissue
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Chapter 9 Muscles And Muscle Tissue
9. Balancing eBooks and Physical Books Chapter 9 Muscles And Muscle Tissue
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Chapter 9 Muscles And Muscle Tissue
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Chapter 9 Muscles And Muscle Tissue
 - Setting Reading Goals Chapter 9 Muscles And Muscle Tissue
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Chapter 9 Muscles And Muscle Tissue
 - Fact-Checking eBook Content of Chapter 9 Muscles And Muscle Tissue
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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