

Ivy Tech APHY101 Muscles Part One: Gross Anatomy

1. Complete the chart:

Type of Muscle Tissue:	Voluntary Control?	Number of Nuclei:	Location?	Shape?	Striations?

2. What are the four special characteristics of muscle tissue? Define each.

3. What are the four major functions of muscle tissue?

4. What are the three layers of connective tissue sheaths around muscle tissue? What do they cover?

5. What is the difference between a direct and an indirect skeletal muscle attachment?

6. What is the difference between an origin and an insertion?

- 7. How is smooth muscle tissue arranged in the body?**

- 8. What are some of the benefits of regular aerobic exercise in muscle tissue?**

- 9. What are some of the benefits of regular resistance training in muscle tissue?**