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Crash Course Anatomy & Physiology #22: Muscles Part 2 – Organism Level

Name: _____ Date: _____

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1. Muscles never _____; they always _____.
2. The bone that moves when a muscle contracts is called the _____ point.
3. The bone that stays more stationary when a muscle contracts is called the _____ point.
4. Muscles that are primarily responsible for producing a specific movement are called _____ or _____ muscles.
5. Muscles that work in opposition to prime movers are called _____.
6. Muscles that assist prime movers by adding force or stabilizing joints are called _____.
7. A _____ is a group of muscle fibers controlled by a single motor neuron.
8. A quick contraction and release of a motor unit caused by a single action potential is called a _____.
9. The three phases of a twitch are the _____ period, _____ and _____ period.
10. When twitches add together due to rapid stimulation, it is called _____.
11. A sustained, fused contraction caused by rapid stimulation is called _____.
12. The gradual increase in force as more motor units are activated is called _____, or multiple motor unit summation.
13. The principle that smaller motor units are recruited first, followed by larger ones, is called the _____.
14. A contraction where the muscle changes length while producing tension is called _____.
15. A contraction where the muscle develops tension but does not change length is called _____.

Crash Course Anatomy & Physiology #22: Muscles Part 2 – Organism Level KEY

1. Muscles never **push**; they always **pull**.
2. The bone that moves when a muscle contracts is called the **insertion** point.
3. The bone that stays more stationary when a muscle contracts is called the **origin** point.
4. Muscles that are primarily responsible for producing a specific movement are called **prime movers** or **agonist** muscles.
5. Muscles that work in opposition to prime movers are called **antagonists**.
6. Muscles that assist prime movers by adding force or stabilizing joints are called **synergists**.
7. A **motor unit** is a group of muscle fibers controlled by a single motor neuron.
8. A quick contraction and release of a motor unit caused by a single action potential is called a **twitch**.
9. The three phases of a twitch are the **latent** period, **contraction**, and **relaxation** period.
10. When twitches add together due to rapid stimulation, it is called **temporal summation**.
11. A sustained, fused contraction caused by rapid stimulation is called **tetanus**.
12. The gradual increase in force as more motor units are activated is called **recruitment**, or multiple motor unit summation.
13. The principle that smaller motor units are recruited first, followed by larger ones, is called the **size principle**.
14. A contraction where the muscle changes length while producing tension is called **isotonic**.
15. A contraction where the muscle develops tension but does not change length is called **isometric**.

15 Questions

Answer Key Included

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