Approximately how many skeletal muscle are there in the body? _____

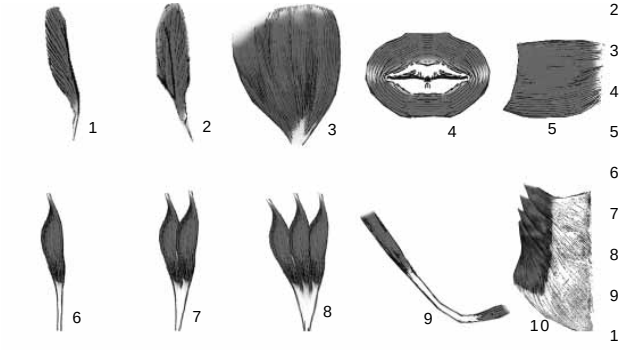
What 3 factors determine muscle contraction strength?

1. _____
2. _____
3. _____

Through what range of motion do skeletal muscles have their maximum strength?

1. _____

Name the muscle shape.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Match the Definitions

_____: fibrous connective tissue that **connects muscle to bone, or muscle to muscle** and is designed to withstand tension (pulling force)

_____: attachement point of a muscle on a bone; usually more proximal/medial, or more fixed attachment (denoted **red** on anatomical drawings & models)

_____: attachment point for a muscle on a bone; usually more distal/lateral, or movable point of attachment on which the force of the muscle is applied (denoted grey or **blue** on anatomical drawings & models)

_____ **contraction:** muscle shortening contraction (muscle actions are given as concentric contractions). Insertion is brought closer to origin

_____ **contraction:** muscle lengthening contraction. Origin and insertion are taken away from each other

_____ **contraction:** muscle length stays the same, when tension is developed. Origin & insersion do not move

_____: muscle that creates primary movement in a joint by contracting. Also known as '***prime movers***' as they are primarily responsible for generating movement

_____: aids the action of a 'prime mover' by assisting the same movement or preventing undesirable movements by stabilizing joints across which the prime mover acts

_____: muscle acts in opposition the agonist and returns a limb to its initial position

Eccentric
Antagonist
Insertion
Tendon
Origin
Concentric
Agonist
Isometric
Synergist

_____
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