Muscle

3 Kinds of Vertebrate Muscle

1. Striated (skeletal)
2. Smooth
3. Cardiac

Muscles are Paired

1. Flexor
2. Extensor

Muscles are controlled

1. Voluntary
2. Involuntary

Lactic Acid Fermentation

The Use of ATP

Blood Vessels have a layer of _____ muscle that allows for the regulation of vessel _____. When you feel a hot flash over your skin on a cold day it was caused by the dilation of blood vessels near the surface of your skin. The fibers of _____ muscle are closely packed. Each muscle fiber is made up of _____, which consist of many _____. It is the arrangement of these filaments that gives _____ muscle its striped appearance. When a nerve impulse is received that exceeds the cell's _____ potential. The thick _____ and thin _____ filaments slide over each other to contract the fibril. This contraction is all or _____. The _____ of fibrils that have been signaled determines the strength of the overall muscle _____. After a fibril contracts it must wait a short period of time before it can contract again.

Muscle Types in the Body

	Striated (skeletal)	Cardiac	Smooth
Voluntary/Involuntary			
Cells Striated/Smooth			
Contracts Quick/Slow			
Stays contracted for a long/short period			
Locomotion			
Peristalsis			
Involved in Reflex arc			
Typically found			