

Unit 1.2	The muscular system
Key learning intention (KLI)	To understand the structure, function and classification of muscles with focus on the skeletal muscles.
Success criteria	Using my knowledge of origins and insertions I can explain which muscles are responsible for the main movements of a sport of my choice.
Text Pages	p13-25
Key words	Smooth, cardiac, skeletal, epimysium, perimysium, endomysium, actin, myosin, myofibril, muscle fibre, sarcomere, origin, insertion, elasticity, contractility, hypertrophy, atrophy, agonist, antagonist

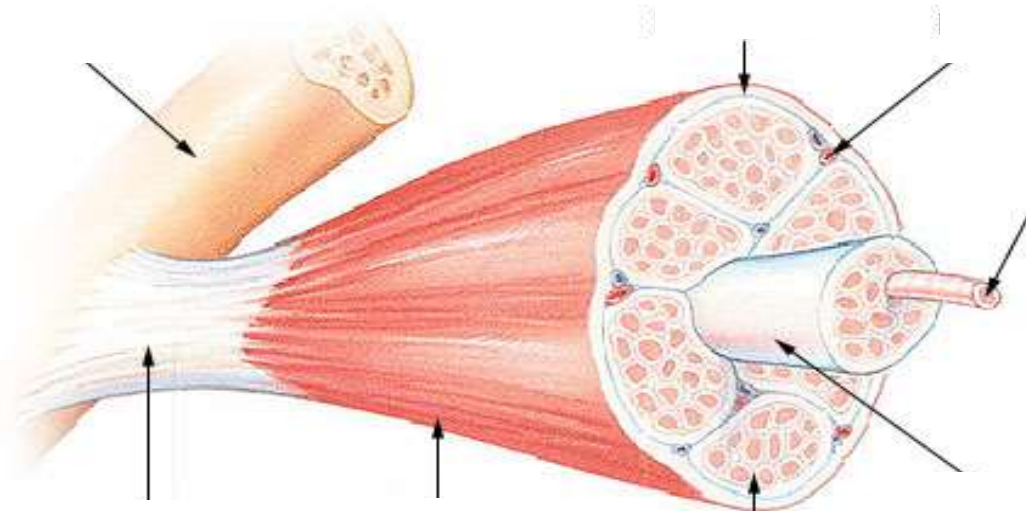
This review represents the IB Course Outline assessment statements. This is NOT exactly what or how a question will be asked on the summative. Please refer to the course outline statements to determine the level of each question and your blue command terms sheet to see the various command terms that may be used with the assessment statement. The curriculum content is identified in the course outline – this is only a review. Any items with a * are items taught in class and important to the course content.

1.2.2. Distinguish between the different types of muscle

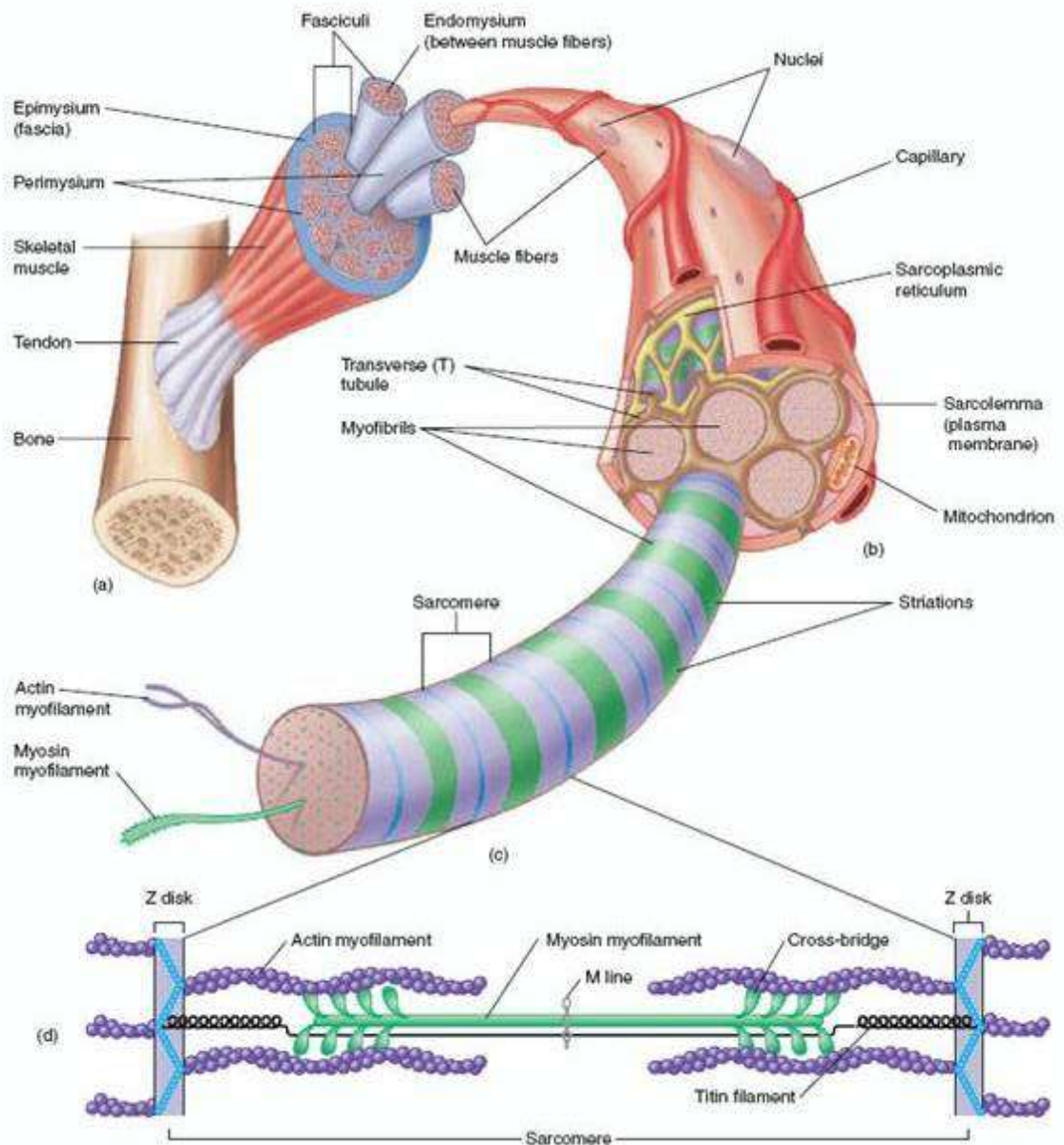
Type of muscle	Description	Example
Smooth		
Cardiac		
skeletal		

1.2.3. Annotate the structure of skeletal muscle

Structure of a Skeletal Muscle



component	Description
Epimysium	
Perimysium	
Endomysium	
Muscle fibre	
Myofibril	
Sarcomere	
Actin	
Myosin	



1.2.1. Outline the general characteristics common to muscle tissue



Type of muscle	Description	Example
contractibility		
extensibility	The ability of a muscle to stretch beyond its normal resting length without damage (and able to contract and maintain power during the stretch)	
elasticity	The ability of a muscle to RETURN to NORMAL resting length AFTER it has been stretched	
atrophy		
hypertrophy		
Controlled by nerve stimuli		
Fed by capillaries		
Excitability*	The ability to respond to nerve stimuli	

1.2.4. Define the terms origin and insertion with examples

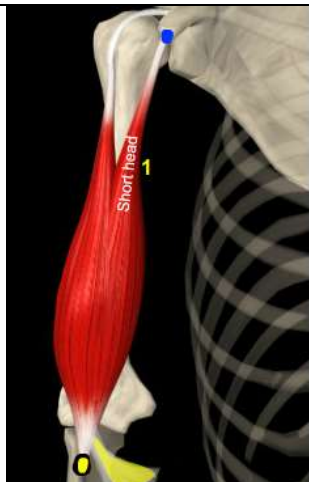
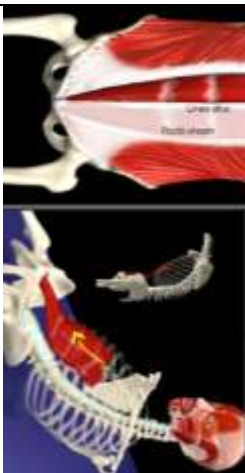
Origin	
insertion	
Agonist*	
Antagonist*	



1.2.5. Identify the location of skeletal muscle in various regions of the body



ANTERIOR


Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements

Topic 1.2: Muscular Anatomy





Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements

Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements



Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements

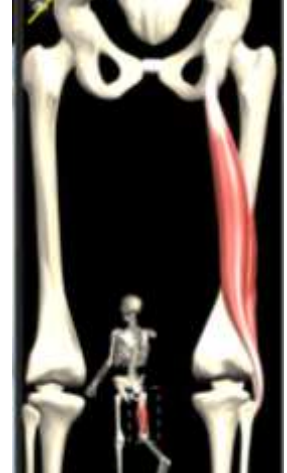

Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements



POSTERIOR

	<p>Origin</p> <p>Insertion</p> <p>Movements</p>		<p>Origin</p> <p>Insertion</p> <p>Movements</p>
	<p>Origin</p> <p>Insertion</p> <p>Movements</p>		<p>Origin</p> <p>Insertion</p> <p>Movements</p>

Topic 1.2: Muscular Anatomy

Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements

Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements

Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements