## Muscular System Notes Part 3: Movement & Muscles

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Questions	Notes
Describe the types of body movements?	<ul> <li></li></ul>
	<ul> <li> muscle that helps a prime mover in a movement</li> <li> muscle that opposes or reverses a prime mover         <ul> <li>Antagonist muscle pairs work opposite one another</li> <li>Ex (flexion of forearm) and (extension of forearm)</li> </ul> </li> </ul>
What are the criteria used to naming a muscle?	<ul> <li>C. Naming of Skeletal Muscles</li> <li> of muscle fibers <ul> <li>Example: rectus (straight), orbicularis (circular)</li> <li> of the muscle</li> <li>Example: maximus (largest), minimus (smallest), longus (long), brevis (short)</li> </ul> </li> <li>Example: pectoralis (chest), external (outside), frontalis (frontal)</li> </ul>

	(Naming continued)
	<ul> <li>Example: triceps (three heads)</li> <li> of the muscles and insertion</li> <li>Example: sterno (on the sternum)</li> <li> of the muscle</li> <li>Example: deltoid (triangular)</li> <li> of the muscle</li> <li>Example: flexor and extensor (flexes or extends a bone)</li> </ul>
What are some of the effects of aging on muscles?	<ul><li>II. Affects of Aging on Muscles</li><li>Muscles that are not used are</li></ul>
	then by
	<ul> <li>With age comes degeneration of mitochondria due to exposure to oxygen and free radicals</li> <li>Changes in the nervous system and endocrine system also effect structure and function of muscles</li> <li> as we age but as we age but</li> </ul>
What are	<ul> <li>III. Disorders relating to the Muscular System</li> <li>: inherited, muscle enlarge due to increased fat and connective tissue, but fibers degenerate and atrophy</li> </ul>
some disorders of	<ul> <li>: lacking a protein to maintain the sarcolemma</li> </ul>
the muscular system?	<ul> <li>: progressive weakness due to a shortage of acetylcholine receptors</li> <li>Sprain verses Strain         <ul> <li> overstretching of a muscle near a joint</li> <li> twisting of a joint leading to swelling</li> </ul> </li> </ul>
	and injury to ligaments, tendons, blood vessels and nerves Myalgia and Tendinitis
	• myaigia and renamins • inflammation of muscle tissue (arthritis
	on previous slide) o inflammation of the tendon due to
	strain of repeated activity