

Epub free Hard body blueprint level 1 muscle fitness .pdf

a muscle strain pulled muscle torn muscle or muscle rupture is simply a tear of any muscle in the human body they range from mild to severe and occur in the muscle belly itself or within the tendons which joint the muscle to bone here we give an overview of the common muscle strains in sport advert grade i mild strains affect only a limited number of fibers in the muscle there is no decrease in strength and there is a fully active and passive range of motion pain and tenderness are often delayed to the next day grade ii moderate strains have nearly half of muscle fibers torn according to the severity muscle tear are categorized into three grades grade 1 muscle tear in this stage micro tears are caused due to any external injury and the person apparently doesn t face any functional problem it is caused by minor trauma leading to soreness in the affected area cell level myoblasts and myofibers tissue level neuromuscular junctions and fascicles organ level major skeletal muscles of the body molecular

level actin and myosin atp and adp conversion myosin is a protein that converts the chemical energy stored in the bonds of atp into the kinetic energy of movement we re kicking off our exploration of muscles with a look at the complex and important relationship between actin and myosin your smooth cardiac and skelet learning objectives describe the structure and function of skeletal muscle fibers by the end of this section you will be able to describe the connective tissue layers surrounding skeletal muscle define a muscle fiber myofibril and sarcomere list the major sarcomeric proteins involved with contraction however muscles also enable the heart to beat and can be found in the walls of hollow organs such as the intestines uterus and stomach in this article we will explore the many functions of muscle in the human body as well as its basic structure types and classifications identify and describe the microscopic anatomy of a muscle fiber and a sarcomere the best known feature of skeletal muscle is its ability to contract and cause movement skeletal muscles act not only to produce movement but also to stop movement such as resisting gravity to maintain posture type 1 and type 2 muscle fibers differ in a few key ways type 1 slow twitch fibers contain more mitochondria which means they can produce more energy and are better for long aerobic activities type 2

fast twitch fibers on the other hand are suited for short fast bursts of activity that don't require as much oxygen 11 2 explain the organization of muscle fascicles and their role in generating force compare and contrast the functions of each muscle tissue type explain how muscle tissue can enable motion muscle tissue is characterized by properties that allow movement muscle cells are excitable they respond to a stimulus that is either electrical or chemical reading time 5 minutes recommended video skeletal muscle tissue 12 25 this type of tissue is found in skeletal muscles and is responsible for the voluntary movements of bones striated musculature comprises of two types of tissues skeletal muscle and cardiac muscle skeletal muscle is found throughout the body and functions to contract in response to a stimulus skeletal muscle serves many purposes including producing movement sustaining body posture and position maintaining body temperature storing nutrients and stabilizing joints 1 mobility the muscular system's main function is to allow movement when muscles contract they contribute to gross and fine movement gross movement refers to large coordinated motions and muscle is one of the four primary tissue types of the body and the body contains three types of muscle tissue skeletal muscle cardiac muscle and smooth muscle figure

10 2 there are two major classifications of skeletal muscle type i slow oxidative and type ii fast twitch the vast diversity in the makeup of skeletal muscle leads to variations in speed and length of contractions in different muscle groups depending on their specific function 1 skeletal muscle is one of the three significant muscle tissues in the human body each skeletal muscle consists of thousands of muscle fibers wrapped together by connective tissue sheaths the individual bundles of muscle fibers in a skeletal muscle are known as fasciculi origin gluteal surface of ilium b w anterior inferior gluteal lines insertion anterior aspect of greater trochanter innervation super gluteal l4 s1 nerve roots action hip abduction ir er blood supply superior gluteal artery discover the muscle anatomy of every muscle group in the human body find the best weight lifting exercises that target each muscle or groups of muscles muscle groups there are more than 600 muscles in the body which together account for about 40 percent of a person s weight most skeletal muscles have names that describe some feature of the muscle often several criteria are combined into one name associating the muscle s characteristics with its name will help you learn and remember them

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