**Muscular System Foldable**

(Use your powerpoint notes!)

1) Write “Muscular System” on the front cover. Glue in a 1 flap with “Muscular System Functions” on the outside and the 4 functions of the muscle system on the inside.

2) Glue in another 1 flapper with “Muscle Prefixes” on the outside and “myo” and “sarco” on the inside.

3) Turn the page. Glue in a 3 flapper with “smooth”, “cardiac”, and “skeletal” written on the outside. Write “Types of Muscle Cells” above it. On the inside flaps, write the characteristics of each.

4) Glue in a 6 flapper with a microscopic muscle structure on each one (muscle fiber, endomysium, fascicle, perimysium, epimysium, and fascia). Write “parts of skeletal muscle” above it. On the inside, include the definition for each (from the powerpoint!)

5) On the next page, glue in a 4 flapper with the following terms on the front flaps: “sarcolemma”, “sarcoplasmic reticulum”, “myofibril”, and “myofilament. Write “Parts of a Muscle Fiber” above it. Write the definitions on the inner flap (use Powerpoint)

6) Glue in a 7- flapper with the following terms on the outer flaps: “sarcomere”, “thin bands”, “thick bands”, “actin”, “myosin”, “Z disc”, “M line”

7) Write in the steps of a muscle contraction

\_\_\_\_\_\_\_ Electrochemical signal causes release of Ca2+ from sarcoplasmic reticulum

\_\_\_\_\_\_\_ Ca2+ binds troponin causing a conformational change of the thin filament

\_\_\_\_\_\_\_ Myosin heads bind to actin

\_\_\_\_\_\_\_ Power stroke (ADP and P dissociate from myosin).

\_\_\_\_\_\_\_ ATP binds myosin head

\_\_\_\_\_\_\_ Thin filament returns to relaxed state