Bio 22 PAL Worksheet

Intro to Muscle

1. What are the three basic muscle tissue types?

2. Fill in the blank:
   a) Whole muscle is wrapped in _____ and filled with muscle _____.
   b) Muscle fascicles are wrapped in _____ and filled with muscle _____.
   c) Muscle fibers are wrapped in _____ and filled with muscle _____.

3. Draw a diagram of a sarcomere. Include all terms found in your Lab Manual.

4. Muscle fibers shorten in the direction of what?

5. The absolute distance a muscle contracts is due to what?

6. How can muscle increase the force of contraction?

7. List the three types of pennate muscles discussed in lecture and provide a definition and example of each.

8. Discuss the differences between Parallel vs. Pennate muscles