Name _____

Muscle Contraction Review Questions Practice

1. The message that the brain sends to your muscles is called _____
2. The connection between the neuron and the muscle is called a _____
3. The neurotransmitter chemical released that travels across the sarcolemma and into the t-tubules is called _____
4. Calcium ions are stored in the _____
5. Calcium move into the sarcomere and attach to the _____ changing its shape.
6. The change in shape moves tropomyosin exposing _____.
7. The _____ can now attach creating a crossbridge.
8. The sarcomere uses ATP from _____ to pull back the myosin heads and push them forward.
9. This action is called a _____
10. This action slides the _____ past the _____.
11. The result is a shortened sarcomere because the distance between the _____ is reduced.
12. This makes the _____ disappear.
13. This is muscle contraction. This model of contraction is called the _____.

Action Potential	Myosin	Myosin Binding Sites	Myosin Heads
Actin	Troponin	Glycogen	Sarcoplasmic Reticulum
Power Stroke	H-Zone	Z-lines	ACh (Acetylcholine)
Sliding Filament Theory		Neuromuscular Junction	