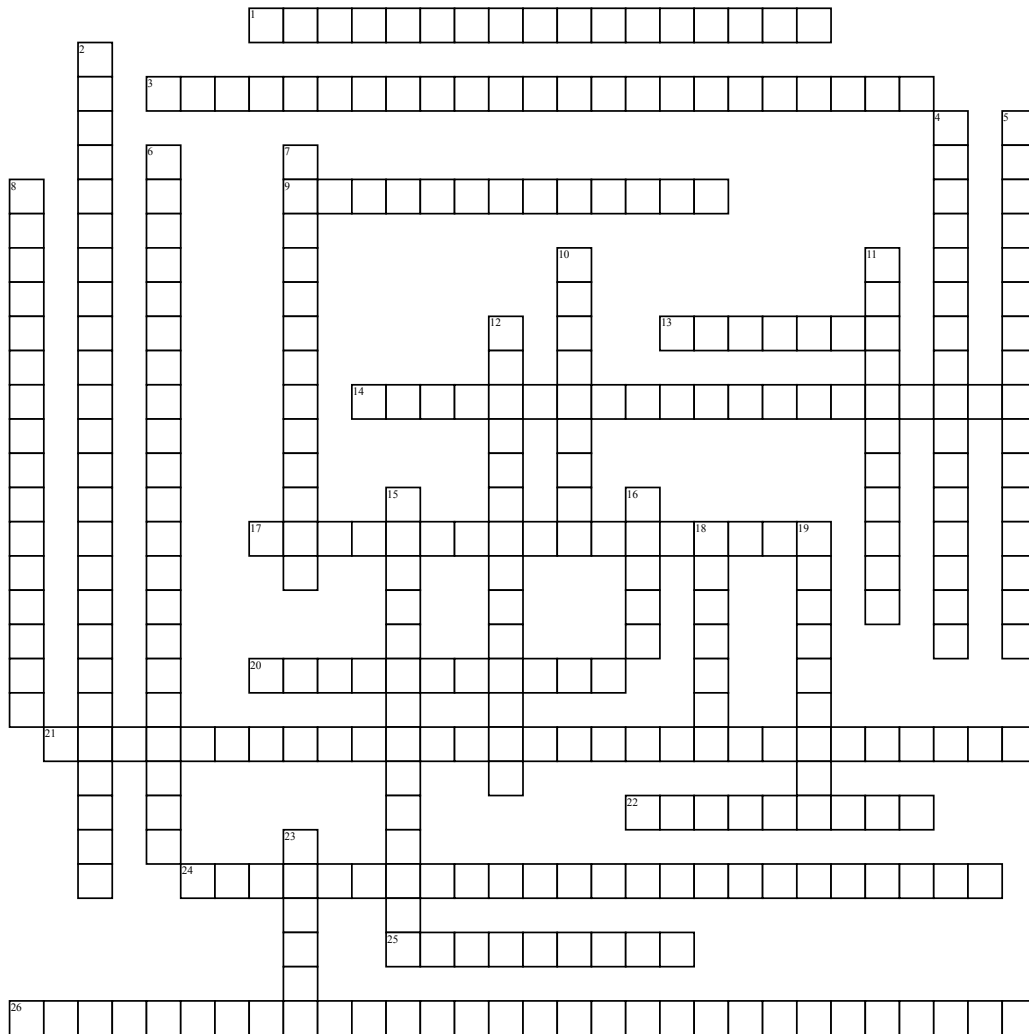


Crossword_puzzle_Muscular System NASM



Across

- 1. no joint cavity, connective tissue, or cartilage; little to no movement
- 3. supports, protects, allows bodily movement
- 9. skull, rib cage, and vertebral column
- 13. projection protruding from a bone; muscles, tendons, and ligaments can attach
- 14. upper and lower extremities, shoulder and pelvic girdles
- 17. chemical messengers that transport impulses from nerve to muscle
- 20. flattened or indented portions of a bone; can be muscle attachment sites
- 21. smaller size; slower to produce tension; fatigue slowly

Word Bank

depressions
axial skeleton
non-synovial joints
Motor unit
Tendons
Fascicles
Local stabilization system

Hinge
ligaments
Fascia
process
Skeletal System functions
Ball-and-socket
Appendicular Skeleton

- 22. connects bone to bone; little blood supply; slow to heal
- 24. attach directly to vertebrae
- 25. one motor neuron and the muscle fibers it connects with
- 26. Larger size; quick to produce tension; fatigue quickly

Down

- 2. attach from pelvis to spine
- 4. contraction of a muscle generated by neural stimulation
- 5. joint motion
- 6. thick and thin filaments slide past one another, shortening the entire sarcomere
- 7. shoulders, hips; most mobile, all three planes of motion joint type

- 8. synovial joints that roll, slide, and spin
- 10. bundle of individual muscle fibers
- 11. cellular components and myo fibrils encased in a plasma membrane
- 12. held together by joint capsule and ligaments; greatest capacity for motion
- 15. attach spine and/or pelvis to extremities
- 16. elbows, ankles; sagittal plane movement joint types
- 18. connects muscle to bone; provide anchor for muscles to produce force
- 19. produces muscular contraction; repeating sections of actin and myosin
- 23. outer layer of connective tissue surrounding a muscle

movement system
Sliding filament theory
Neural activation
Global stabilization system
Type I (slow twitch) muscle tissue
Neurotransmitters

Major motion types
Muscle fiber
Synovial Joints
arthrokinematics
Type II (Fast Twitch) Muscle Tissue
Sacromere