

Muscular System Terminology

1. Skeletal muscle
2. Smooth muscle
3. Cardiac muscle
4. Tendons
5. Ligament
6. Muscle fiber
7. Fascia
8. Origin
9. Insertion
10. Contraction
11. Antagonistic pairs
12. Sarcolemma
13. Sarcoplasm
14. Sarcoplasmic reticulum
15. T (transverse) tubules
16. Myofibril
17. Sarcomere
18. Actin & myosin filaments
19. Muscle twitch
20. Tetanus
21. Muscle tone
22. Slow-twitch muscles
23. Fast-twitch muscles
24. Atrophy
25. Hypertrophy
26. Aerobic
27. Anaerobic
28. Oxygen debt
29. Moebius syndrome
30. Muscle spasms & cramps
31. Tendonitis
32. Tetanus (the disease)
33. Muscular Dystrophy
34. Myasthenia Gravis