**PART I: MUSCLE TISSUE & PHYSIOLOGY**

Fascicle

Muscle fiber

Epimysium

Perimysium

Endomysium

Tendon

Sarcolemma

Transverse tubules (T tubules)

Myofibrils

Thin filaments (Actin)

Thick filaments (Myosin)

Sarcoplasmic reticulum

Sarcomeres

Z lines

Active site (of actin filament)

Tropomyosin

Neuromuscular junction

Acetylecholine (Ach)

Action potential

Tension

Resistance

Twitch

Summation

Incomplete tetanus

Complete tetanus

Motor unit

Recruitment

Muscle tone

Atrophy

Isotonic contraction

Isometric contraction

Lactic acid

Muscle fatigue

Recovery period

Oxygen debt

Fast (fast-twitch) fibers

Slow (slow twitch) fibers

Myoglobin

Red muscle

White muscle

Hypertrophy

Origin

Insertion

Action

Agonist (prime mover)

Antagonist

Synergist

**PART II: MUSCLES (for each muscle, know its origin, insertion and action)**

Muscles of the Head and Neck

Frontalis

Orbicularis oculi

Orbicularis oris

Buccinator

Masseter

Temporalis

Occipitalis

Platysma

Sternocleidomastoid

Zygomaticus

Muscles of the Spine and Trunk

Erector spinae (group)

Intercostals

Diaphragm

External obliques

Internal obliques

Transversus abdominis

Rectus abdominis

Muscles of Shoulder and Upper Limb

Trapezius

Rhomboid

Pectoralis minor

Deltoid

Pectoralis major

Latissimus dorsi

Biceps brachii

Triceps brachii

Brachioradialis

Flexor carpi ulnaris

Flexor carpi radialis

Palmaris longus

Muscles of Pelvis and Lower Limb

Gluteus maximus

Adductor magnus

Adductor longus

Gracilis

Sartorius

Biceps femoris

Semimembrinosis

Semitendinosis

Quadriceps femoris

Fibularis

Tibialis anterior

Gastrocnemius

Soleus