

Workbook :

Cardiac & Smooth Muscle – Structure and Function.

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

Self-assessment :

1	What are the major features you would use to distinguish smooth muscle from striated muscle types?
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2	Name one similarity you would find when comparing smooth and cardiac muscle.
3	Give four sites where smooth muscle can be found. 1. 2. 3. 4.
4	How do cardiac muscle cells obtain their energy ?

5	What is an intercalated disc, and what is its function ?
6	How do cardiac muscle cells pass on action potentials ? What benefit do the cells derive from this ?

7	What benefit is gained by cardiac cells having a longer refractory period ?
8	Briefly describe the mechanism of cardiac muscle contraction.

9	What is 'trigger calcium' ?
10	What is the initiator for smooth muscle contraction ?

11	How are smooth muscle contractions controlled ?
12	Describe the role of caldesmon in smooth muscle contraction.

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

