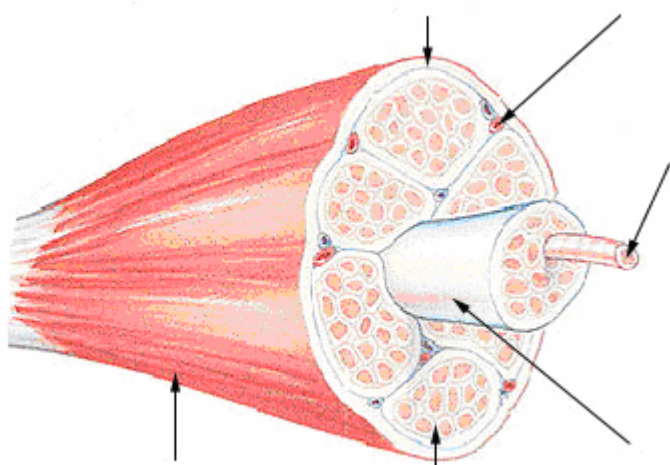


Workbook : Skeletal Muscle – Structure and Function.

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	<p>Label the diagram below, ensuring you use all of the following labels; muscle fibre, epimysium, endomysium, perimysium, fascicle.</p> 
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2

Give a description of the following structures :

A band

I band

Z disc

H zone

Sarcomere

3	What benefit is provided by the sacrotubular system ?
4	Describe a motor unit.

5

What happens at the neuromuscular junction ?

6

Describe the mechanism of muscle contraction.

7	What is the role of the 'latch' in muscle contraction, and what is it ?
8	From what sources does skeletal muscle obtain it's energy ?
9	What is the 'all or nothing' law ?

10	Define the terms 'clonus' and 'tetanus'.
11	How does isometric contraction differ from isotonic contraction ?

12

What appears to be the relationship between speed of contraction and structure of muscle fibres ? Discuss the properties of slow and fast fibres in relation to this.

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.