

**1.05 Muscular System Functional Terms
Handout**

Name _____
Date _____

Key Term	Definition	Relevance to health
aerobic	with oxygen	
anaerobic	without oxygen	
acetylcholine (ACh)	neurotransmitter between neuron and voluntary muscle	
adenosine triphosphate (ATP)	energy molecule needed for muscle contraction and relaxation	
agonist	primary mover	
antagonist	cause movement in the opposite direction	
point of insertion	end of skeletal muscle attached to a moveable part	
isometric contraction	muscle tenses but does not shorten	
isotonic contraction	muscles contract and shorten	
motor unit	neuron and the muscle fibers it stimulates	
muscle tone	partial muscle contraction	
neurotransmitter	chemical messengers, regulate body functions	
neuromuscular junction	nerve connection on a muscle fiber	
point of origin	end of skeletal muscle attached to a fixed structure	
prime mover	moves muscle in one direction	
oxygen debt	temporary lack of oxygen in the muscle due to exertion	
sarcolemma	muscle cell membrane	
sarcomere	functional unit of muscle contraction	
sarcoplasm	muscle cell cytoplasm	
synergists	assist with movement	