

Questions: Video Muscles and Exercise

1. What are the 3 types of muscle tissue?
2. Which of these are voluntary or involuntary?
3. What are the 2 types of protein molecules that cause muscle contraction? Which is thicker and stationary?
4. What is the “trigger” that causes muscles to contract?
5. What will prolonged exercise over a prolonged period of time cause in a muscle?
6. What kinds of muscles are in the intestines?
7. What is a motor unit? How is force increased in a muscle?
8. What is isotonic and isometric muscle contraction?
9. What is another term used for opposing muscles?