Review Sheet

1. Define joint or articulation.
2. What is the only bone in the body that does not form a joint?
3. How does the structure of a joint determine how it functions?
4. List and define the two ways joints are classified.
5. List and describe the structural and functional classifications of joints.
6. List, describe, and give examples of fibrous and cartilaginous joints.
7. List and describe the five distinguishing characteristics of synovial joints.
8. Define and state the function of articular discs or menisci, bursae, and tendon sheaths.
9. List and describe the three factors that influence the stability of synovial joints.
10. List, describe, and give examples of the six types of synovial joints.
11. List and describe the functions of muscles.
12. List and define the four functional characteristics of muscles.
13. List, state the location, and the characteristics of the three types of muscles.
14. List and define the four functional groups of skeletal muscles.
15. List and give examples of how skeletal muscles are named.
16. Define origin and insertion.
17. What is another name for a muscle fiber?
18. Define epimysium, perimysium, fascicle, endomysium, fascia.
19. What determines the shape and function of skeletal muscle?
20. Define sarcolemma, sarcoplasm, myofibril, sarcomere, T-tubule, sarcoplasmic reticulum, terminal cisternae.
21. List and describe the two types of myofilaments.
22. What produces the characteristic light and dark striations in skeletal muscle fibers?
23. What forms the A bands, H zone, M line, I band, Z line?
24. Define motor end plate, neuromuscular junction, motor unit.
25. What is the all-or-none principle of muscle contraction?
26. Describe the sliding-filament theory of skeletal muscle contraction and relaxation.
27. State what substance is released when a nerve impulse reaches the motor axon terminal.
28. Where is calcium stored and what are its functions after it is released?
29. List, describe and state examples of two types of smooth muscle.
30. State the differences between skeletal, smooth, and cardiac muscle contraction.
31. State the three overlapping functions of the nervous system.
32. List the two parts of the nervous system, what they consist of and their functions.
33. List the two divisions of the PNS, their systems and subdivisions and the functions of each.
34. List and state the function of the two principal types of cells in the nervous system.
35. List and describe the three distinct portions of the nerve cell or neuron.
36. What are the cell bodies and bundles of processes or fibers known as in the CNS and PNS.
37. Define nerve fiber, axon hillock, axon collateral, telodendria, synaptic vesicle.
38. Define and state the functions of the myelin sheath.
39. Define neurilemma or sheath of Schwann and nodes of Ranvier.
40. What cells make up the myelin sheath in the CNS and PNS.
41. What makes up white matter and gray matter.
42. Define resting potential, summation, action potential, depolarization, repolarization, nerve impulse.
43. Describe the movement of sodium and potassium ions when a nerve cell is stimulated.
44. Describe the difference in impulse conduction in myelinated and unmyelinated fibers.
45. Define synapse, synaptic knobs, neurotransmitters, synaptic cleft.
46. Describe impulse conduction at a synapse.