Exam Review 2: Muscular and Nervous systems Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Muscles comprise nearly \_\_\_\_\_\_\_\_\_\_\_ of our weight
2. Approximately how many muscles are in the human body? Why is it approximated?
3. Myofibrils are made up of what two structures?
4. What are the structures of a muscle going from largest to smallest

Muscle -> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. List and describe the different types of muscle tissues.

	1.
	2.
	3.
	4.
6. What are the different types of connective tissues? Describe each.
7. What are the different things skeletal muscles can be named for?
8. List the muscles located in the following areas

	1. Head (8)
	2. Neck (2)
	3. Torso (8)
	4. Arm/Hand (6)
	5. Hip/Leg (15)
9. List and describe the 4 characteristics of muscles

	1.
	2.
	3.
	4.
10. Define the following terms

	1. Atrophy
	2. Hypertrophy
11. What is muscle fatigue? What causes it? Is it dangerous?
12. What is the difference between anaerobic and aerobic exercise? Give an example of each.
13. List and describe the functions of muscles.

	1.
	2.
	3.
14. Identify the cause, signs/symptoms, treatment, and prognosis of the following conditions

	1. Fibromyalgia
	2. Hernia
	3. Muscle Spasm
	4. Muscular Dystrophy
	5. Myasthenia Gravis
	6. Strain
	7. Tendonitis
	8. Tetanus
15. What are the branches of the nervous system?
16. A nerve cell is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and is made up of a single \_\_\_\_\_\_\_\_\_\_\_ on one end and many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the other. It is covered with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The space between two nerve cells is known as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
17. The central nervous system is made up of what two structures?
18. The peripheral nervous system is comprised of what structures?
19. The cerebrum is divided into \_\_\_\_\_ hemispheres. The four lobes of the brain are:

	1.
	2.
	3.
	4.
20. What structures make up the diencephalon?
21. What structures make up the limbic system?
22. The brain stem is comprised of what 3 structures?
23. What is the outer covering of the brain? What are the different layers?
24. Describe the ventricles.
25. What are the 12 cranial nerves?
26. How are there 31 pairs of spinal nerves (where is the extra one)?
27. Explain the difference between the sympathetic and parasympathetic nervous systems.
28. The somatic nervous system is responsible for what?
29. What 3 functions do neurons have? Describe each.
30. What are each of the 4 lobes of the cerebrum responsible for?
31. What is the cerebellum responsible for?
32. What are the structures in the diencephalon responsible for?
33. What are the functions of the spinal cord?
34. Describe the cause, signs/symptoms, treatment, and prognosis for each of the following

	1. Alzheimer’s Disease
	2. Cerebral Palsy
	3. Epilepsy
	4. Hydrocephalus
	5. Meningitis
	6. Multiple Sclerosis
	7. Neuritis
	8. Paralysis (discuss the different types as well)
	9. Parkinson’s Disease
	10. Poliomyelitis
	11. Spinal Cord injury
	12. West Nile Virus