スポーツ医科学

(ヒト生II年度不明)

MUSCULAR SYSTEM

1. The fascia surrounding a muscle is made up of
   a. cartilage.
   b. fibrous connective tissue.
   c. blood vessels.
   d. adipose tissue.

2. A muscle pulling just opposite to another can be best described as a(n)
   a. protagonist.
   b. antagonist.
   c. prime mover.
   d. synergist.

3. Which portion of the muscle is on the stationary bone?
   a. the insertion
   b. the origin
   c. the bursa
   d. the belly

4. Which of these is the smallest unit?
   a. muscle fiber
   b. myofibril
   c. sarcomere
   d. actin

5. Which of these contains the cross-bridges?
   a. the actin
   b. the myosin
   c. the Z line
   d. All of these are correct.

6. According to the sliding filament theory,
   a. actin moves past myosin.
   b. myosin moves past actin.
   c. both myosin and actin move past each other.
   d. None of these is correct.

7. When a nervous impulse reaches the synaptic end bulb,
   a. neurotransmitter is released into the synaptic cleft.
   b. calcium is released from the sarcoplasmic reticulum.
   c. calcium is stored in the T tubules.
   d. neurotransmitter is released by the sarcolemma.

8. The Z line of a sarcomere is where the
   a. cross-bridges attach.
   b. actin filaments attach.
   c. myosin filaments attach.
   d. nerve innervates the muscle cell.

9. Oxygen debt may be associated with
   a. anaerobic cellular respiration.
   b. fermentation.
   c. muscle contraction.
   d. lactic acid metabolism.
   e. All of these are correct.

10. Which system provides oxygen and removes carbon dioxide from muscles?
    a. integumentary system
    b. skeletal system
    c. respiratory system
    d. urinary system

1		6	
2		7	
3		8	
4		9	
5		10	