Extra Credit (XC) for the Muscular System

You can earn a MAXIMUM of **two (2) points toward your Lecture Exam average**, by doing the following written assignment. This is a purely voluntary, extra credit assignment but I strongly encourage you to complete this assignment - I think it will help you on the Exam.

Keep in mind the PURPOSE of doing this: you are assembling a set of complete notes that you can use to study for the skeletal muscle portion of the next exam.

So please don't wait for the last minute to do this since you will need these notes to study for the exam! The due dates posted on the Web site are the last possible dates to hand this in, but you should try to finish it earlier so I can make comments and return it to you well before the exam.

You should describe, in the level of detail needed for the exam, the following:

1. **Anatomy of skeletal muscle at the gross, microscopic, and molecular levels. See Lecture 16 slides and the Exam 4 Review slides for exactly what each level of anatomy consists of.**

2. **Physiology of skeletal muscle contraction at the level of the sarcomere, i.e., how does muscle contract? What events occur during contraction of the sarcomere? In what order do they occur? What fuels does skeletal muscle use during contraction, and in what order are they used?**

***As a **guide to the major points you should cover in this XC assignment**, **look at your Lecture Exam 4 Study Guide, Lecture 16, items 3 through 5 as well as your Lecture slides and Lecture Exam Review slides**. If you've covered all the major points I want you to know for the exam, you've covered everything I want you to cover in the extra credit. **USE YOUR STUDY GUIDE and SLIDES!**

Remember that you don't need complete sentences. In fact, it might be much easier to study from this if you don't use complete sentences. Instead, use phrases, key words, diagrams, or whatever is appropriate for *you* so that you *keep your answers brief and to-the-point* and create a set of notes that is easy to study from.

But be SURE to cover ALL the points in your Study Guide for Lecture 16, items 3 through 5 in order to receive the full points for the XC.