

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. Sec - B (1)

Topic Name: Structural Classification of Muscles

Lecture No.: 4

Lecture Title
Structural Classification of Muscles – 2

FAQ's

Q-1 How many types of muscles are there?

Ans- There are 3 kinds of muscles

- 1. Skeletal Muscles**
- 2. Smooth Muscles**
- 3. Cardiac Muscles**

Q-2 What are Skeletal muscles?

Ans- These attach to bones. Because muscles cross joints, they have the ability to move one bone in relation to another. Contraction of all skeletal muscles is under voluntary control. Through operation of some skeletal muscle is 'automatic' such as that of muscles of respiration which continue to work during sleep; still one can hold breath.

Q-3 What is Aponeurosis?

Ans- It is a broad fibrous sheet or flattened tendon between two muscles such as between occipitalis and frontalis.

Q-4 What are Cardiac muscles?

Ans- These are composed of longitudinal striated showing faint transverse striations. Fibers are quadrangular. Each cardiac fiber has a centrally situated nucleus. The fibers lie side by side. These branch and unite at frequent intervals. There is no definite cell between the individual fibers

Q-5 What is Masseter?

Ans- It is quadrilateral and consists of three superimposed layers blending anteriorly. Superficial layer is largest. Middle layer arises from deep surface of zygomatic arch. Middle and deep layers together constitute the deep part of ramus.