

Muscle Homework: Textbook Questions. Due next class.

Directions: Answer the following questions on ISN-p.64 in complete sentences! Use your text book to find the answers.

1. What is the major function of muscles? In your answer explain specifically how the action of a muscle moves your body parts.
- 2a) What is the function of tendons? 2b) How is a tendon different from an aponeurosis? 2c) How is it similar?
- 3 a) Muscle tone keeps muscles healthy. b) What is muscle tone and what causes it? c) What happens to a muscle that loses its tone?
- 4a) What is the effect of aging on skeletal muscles? b) What can older people do to counteract this problem?

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