

VISWASS SCHOOL & COLLEGE OF NURSING

GNM 1ST YEAR

ANATOMY AND PHYSIOLOGY

UNIT-14

THE MUSCULAR SYSTEM

OBJECTIVE QUESTIONS AND ANSWERS

PREPARE BY: MS. AMRITA SINGH,
DEPARTMENT OF NURSING, VISWASS

MULTIPLE CHOICE Q&A

1. The Functional Unit Of Contractile System In Striated Muscle Is

- Sarcomere
- Myofibril
- Cross Bridges
- Z Band

Answer-sarcomere

2. Which One Of The Following Sets Of Ions Are Necessary In The Chemical Events For Muscle Contraction?

- Na⁺ And Mg⁺⁺ Ions
- Na⁺ And K⁺
- Na⁺ And Ca⁺⁺ Ions
- Ca⁺ And Mg⁺⁺ Ions

Answer: Ca⁺ And Mg⁺⁺ Ions

3. The Muscles That You Cannot Control That Make Up Your Internal Organs Are Called _____ Muscles.

- Smooth Muscles
- Tissue
- Skeletal Muscles
- None

Answer: Smooth Muscles

4. The Type Of Body Tissue That Feels Like A Rubber Band (And Forms A Muscle) Is Called The _____.

- Skeletal Muscles
- Muscle Fiber
- Tissue
- Relaxing Muscle

Answer: Muscle Fiber

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Answer: Muscle Fiber

6. When A Muscle Gets Shorter And Thicker It Is A _____ Muscle.

- Triceps
- Relaxing Muscle
- Skeletal Muscles
- Contracting Muscle

Answer: Contracting Muscle

7. The Muscles You Can Control That Are Attached To Your Bones Are Called _____ Muscles.

- Muscle Fiber
- Smooth Muscles
- Skeletal Muscles
- Relaxing Muscle

Answer: Skeletal Muscles

8. To _____ Means To Make Something Stronger.

- Muscle
- Contracting Muscle
- Strengthen
- None

Answer: Strengthen

9. The Basic Unit Of Contraction Is The:

- Sarcomeres
- Actin
- Myosin
- Z-Lines

Answer: Sarcomeres

10. The Functional Partners Of Bone Is:

- Skeletal Muscle
- Ligament
- Tendon
- Fasciae

Answer: Skeletal Muscle

11. Which Of The Following Is The Contractile Protein Of A Muscle?

- Tubulin
- Myosin
- None of these
- All Of These

Answer: Myosin

12. Muscle Fatigue Sets In Due To Non Availability Of

- Actin Binding Site
- Calcium
- ATP
- Mg Cofactor

Answer: ATP

13. Muscles Get Fatigue Due To Accumulation Of

- Carbon Dioxide
- Phosphate Molecules
- ATP
- Lactic Acid

Answer: Lactic Acid

14. The Part Of Your Body That Controls Movements Is Called _____.

- Muscles
- Tissue
- Skeletal Muscles
- None

Answer: Muscles

15. The Muscles In Your Upper Arm Are Called Your _____.

- Biceps
- Muscle
- Triceps
- None of the above

Answer: Biceps

16. When A Muscle Gets Longer And Thinner It Is A _____ Muscle.

- Relaxing Muscle
- Biceps
- Contracting Muscle
- Tissue

Answer: Relaxing Muscle

17. A Cord Or Strap Of Dense Tissue That Connects A Muscle To Bone Is Called A:

- Ligament

- Bursa
- Arthritis
- Tendon

Answer: Tendon

18. The Contractile Protein Of Skeletal Muscle Involving Atpase Activity Is

- Myosin
- Tropomyosin
- Troponin
- Actin

Answer: Myosin

19. Upon Stimulation Of Skeletal Muscles Calcium Is Immediately Made Available For Binding To Troponin From:

- Lymph
- Blood
- Sarcoplasmic Reticulum
- None

Answer: Sarcoplasmic Reticulum

20. What are dark bands that define the two ends of each sacromeres called.

- Myosin
- Actin
- Z-Lines
- sarcomeres

Answer: Z-Lines