Muscle Vocabulary

Epimysium Skeletal muscle is surrounded by a connective tissue sheath called the epimysium

Perimysium a sheath of connective tissue that groups muscle fibers into bundles (anywhere between 10 to 100 or more) or fascicles.

Endomysium a wispy layer of connective tissue that ensheaths each individual muscle fiber or muscle cell. It also contains capillaries and nerves. Endomysium is the deepest and smallest component of connective tissue

Blood Vessels Tubes that carry blood to and from all parts of the body. The three main types of blood vessels are arteries, capillaries, and veins.

Cardiac Muscles Found in the walls of the heart. The contraction of cardiac muscle is involuntary, strong, and rhythmical..

Skeletal Muscles attached to bones, is responsible for skeletal movements. These muscles are under conscious, or voluntary, control. Each consists of skeletal muscle tissue, connective tissue, nerve tissue, and blood or vascular tissue.

Smooth Muscles Found in the walls of the hollow internal organs such as blood vessels, the gastrointestinal tract, bladder, and uterus. Smooth muscle cannot be controlled consciously and thus acts involuntarily. Smooth muscle contracts slowly and rhythmically.

Striated Muscles Muscle tissue that appears striped under the microscope

Ligaments Band of fibrous tissue connecting bone to bone or cartilage to bone thereby supporting or strengthening a joint.

Muscle Fascicle a bundle of muscle fibers.

Peristalsis A wavelike movement of muscles in the gastrointestinal (GI) tract. Peristalsis moves food and liquid through the GI tract.

Locomotion Movement or the ability to move from one place or another. It can refer to humans, vertebrate or invertebrate animals, and microorganisms.

Tendons Tough, fibrous, cord-like tissue that connects muscle to bone or another structure, such as an eyeball. Tendons help the bone or structure to move.

Slow Twitch Slow twitch (Type I) muscle contain proteins that give it a rich red color. This muscle carries more oxygen efficiently and using [fats](http://www.sciencekids.co.nz/sciencefacts/food/fats.html), [proteins](http://www.sciencekids.co.nz/sciencefacts/food/proteins.html) or [carbs](http://www.sciencekids.co.nz/sciencefacts/food/carbohydrates.html) as energy slow twitch muscle fibers contract over a long period of time.

Fast Twitch Fast twitch (Type II) muscle is whiter in color as it has less myoglobin (a oxygen carrying protein). Fast twitch fibers contract quickly and powerfully, however they fatigue rapidly.