1. **Fascia**: dense connective tissue that surrounds & separates skeletal muscles from each other

2. **Tendon**: connects a muscle to a bone

3. **Aponeuroses**: connects muscles to other muscles

4. **Epimysium**: Connective tissue that closely surrounds a skeletal muscle

5. **Perimysium**: tissues that extends inward from the epimysium & separates muscles in fascicles

6. **Fascicle**: bundles of skeletal muscle fibers

7. **Endomysium**: covering on each muscle fiber in a fascicle

8. **Skeletal Muscle Fiber**: a single muscle cell

9. **Neurotransmitters**: chemicals that help with a nerve-muscle connection

10. **Motor Neurons**: neurons that control effectors (like muscles)

11. **Neuromuscular Junction**: where nerves & muscles meet

12. **Synaptic Cleft**: opening between the nerve and muscle

13. **Sliding Filament Theory**: idea that muscles contract due to myosin & actin grabbing & pulling on each other

14. **ATP**: stored usable energy

15. **Creatine Phosphate**: molecule used to regenerate ATP

16. **Lactic Acid Threshold**: when due to low O2 glucose=pyruvic acid=lactic acid

17. **O2 Debt**: O2 liver needs to turn lactic acid back to glucose & restore ATP & creatine phosphate levels to normal

18. **Fatigue**: when a muscle loses its ability to contract