

The organisation of striated muscle:

- Major proteins known as actin and myosin
- Skeletal muscle is characterised by striations of light and dark bands.
- Composed of numerous muscle fibres bound together by connective tissue.

Light and dark bands:

- I bands are lighter
- A bands are darker
- H zone in the middle of the A band which is darker than the I band but lighter than the rest of the A band
- Z line very dark vertical line.
- Entire structure is known as the sarcomere.

