

- H-zone: light stripe within the A band
 - Only seen in relaxed muscle that isn't contracting
- Within each H-zone is the M -line
 - M-line: dark line within each H-zone

Slide 18: myofibril bands and the sarcomere:

- Within the I-band is the Z-disc
 - Z-disc: middle of the I-band
- Sarcomere:
 - Region between two successive Z-discs
 - Smallest contractile functional unit of muscle

Slide 19: myofilaments:

- Myofilaments: smaller elements within the sarcomere
 - Myosin protein: thick filament that runs the length of the A- band
 - Actin protein: thin filament that runs across the I- band and part way into the A-band

Slide 20: functional microanatomy of the myofibril

- Z disc – protein connections
 - Anchor: thin filaments
 - Also connects myofibril to next myofibril
- H zone of A band is less dense because thick and thin filaments don't overlap

Preview from Notesale.co.uk
Page 4 of 4