Anatomy Unit 4 Portfolio

**Portfolios:** The portfolio must be presented in a 3 prong folder and must include the following elements:

* Cover page with title, name, class, and block number
* Table of contents
* Each system and all components of each system
* Portfolios should be **hand written**

**Three Types of Muscle Tissue:** Use table 9.3 to create a chart to compare the three types of muscle tissue. Include a quick colored sketch of each type. Include locations, speed of contraction, aerobic or not, voluntary or not, striated or not, etc.

**Introduction to skeletal muscle:** worksheet- color and define

**The Sarcomere:** Worksheet- Color, identify, and define each region of the sarcomere.

**The Action Potential:** Describe the sequence of events from the action potential arriving at the muscle to the muscle fiber contracting.

**Muscles to know for exam worksheet**

**The Upper Extremity**: worksheet-Muscle identification and drawing

**The Lower Extremity**: worksheet-Muscle identification and drawing