**10. Muscle Tissue research assignment**

Instructions: Complete option 1 or 2 below (your choice).

Option 1 – sliding filament mechanism

Describe the sliding filament mechanism of muscle contraction, and how it works. Go into some detail. I’m looking for ½ page detailed summary, using 11 font size and 1.2 spacing.

Then provide hand-drawn sketches/diagrams to illustrate the sliding filament mechanism, showing thick and thin muscle filaments, M line, Z discs, and at least 2 sarcomeres. You can find illustrations in your textbook and/or on the Internet. TAKE PRIDE IN YOUR WORK. Use colored pen or pencil, or a drawing/drafting software application.

Option 2 – neuromuscular junction

Describe the neuromuscular junction (where a motor nerve and skeletal muscle meet up), and how it works. Go into some detail. I’m looking for ½ page detailed summary, using 11 font size and 1.2 spacing.

Then provide hand-drawn sketches/diagrams to illustrate a typical neuromuscular junction, showing the nerve, synaptic bulb and synaptic cleft, and sarcolemma. You can find illustrations in your textbook and/or on the Internet. TAKE PRIDE IN YOUR WORK. Use colored pen or pencil, or a drawing/drafting software application.