Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_ Mods: \_\_\_\_\_\_

Events of Muscle Contraction Readiness Check

Reflect on how well you understand the **role** of the following in **Muscle Contraction**?

|  |  |  |  |
| --- | --- | --- | --- |
| Term: | Not at all! | Somewhat… | Fully! Let’s Go!! |
| Actin |  |  |  |
| Myosin |  |  |  |
| Troponin |  |  |  |
| Tropomyosin |  |  |  |
| Z-line |  |  |  |
| Sarcomere |  |  |  |
| Calcium |  |  |  |
| ATP |  |  |  |
| ADP |  |  |  |
| ACh |  |  |  |

Notes to Self: