**Guided Questions for Online Reading Assignment**

1. **How are muscle cells compartmentalized?**
2. **How do muscles make movement?**
3. **Muscle cells are fragile, but they undergo strong forces like contractions. How are muscle cells able to cope with that large amount of force?**
4. **How do blood vessels, which are essential for strong contraction forces, and nerves, which trigger contractions, travel?**
5. **What is skeletal muscle? How does it differ from the others? Explain its function.**
6. **What is smooth muscle? Is it voluntary or involuntary? Where in the body does it function?**
7. **What is cardiac muscle? How does it operate (involuntarily or voluntarily)? What is its main function?**
8. **What is the significance of muscles in the face? Name 2 examples and what can you infer are their purposes based on the diagram?**
9. **What is the purpose of the muscles in the erector spinae group of muscles?**
10. **Describe how muscles are involved in respiration (breathing).**
11. **What do the muscles of the upper extremity do (3 examples and their functions)? The lower extremity?**