

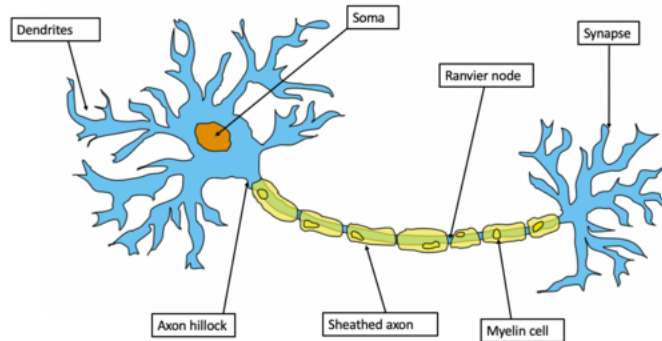
Name:

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Handout 2: Neurons and Neuron Recruitment for Muscle Work

1. Look at the picture of a neuron below. Describe what each structure of the neuron is responsible for.



https://commons.wikimedia.org/wiki/File:Example_of_a_neuron.png

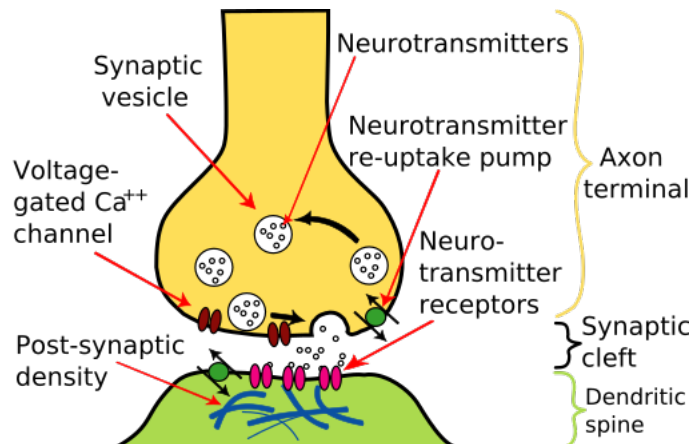
2. What is a neurotransmitter? Give one or two examples. What do you think happens if you have too much or too little of the neurotransmitter?

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3. Below is a picture of a synapse. In your own words, describe what is happening at the synapse.



https://commons.wikimedia.org/wiki/File:Synapse_diagram_picture.jpg

4. Watch one or both of the following videos and summarize in a few sentences how neurons are recruited for muscle activity, and how this recruitment can be increased or decreased.

<https://www.youtube.com/watch?v=1E3MLkvnCME>

<https://www.youtube.com/watch?v=UnNGGD4-IHU>

5. Give one example from your life today of how neuron recruitment works.