

## MY OH MYOSIN: Track 8

*This song describes the events that lead to muscle contraction, allowing movement, including that required for breathing, heart beat, blood flow, and digestion. Note that the text color matches appropriately colored portions of the pictures.*

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### CHORUS:

Pull close, come together, it's contraction  
Never pushing, come together, oooh attraction  
Calcium sets things in motion, no repulsion  
Muscles pulling bones - moving satisfaction

### Muscle, fascicle, fiber, myofibril

That's the wrap, muscle units big to small  
These cells are long and lean, contracting machines  
Sliding filaments move us all

Many units make up muscle fiber  
Each sarcomere works with those beside her  
Humans could mimic sarcomere unity  
T tubules carry charge deep inside her

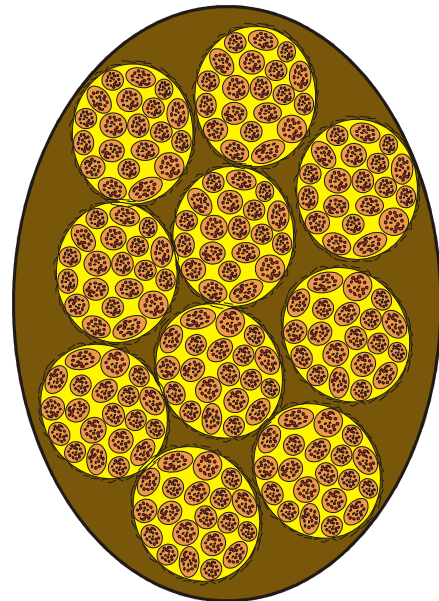
### CHORUS

Action potential carries message to tango  
Acetylcholine in synaptic terminal flows  
Diffuses across cleft to the motor end plate  
Revolution & sodium to sow

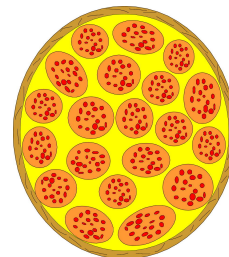
The sarcolemma has now been incited  
Potential spreads like relatives invited  
Triads touched set off calcium explosion  
Sarcoplasmic reticulum would be indicted

### CHORUS

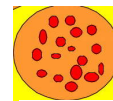
My muscles are a fabric of actin  
Bound up in filaments thin  
F - actin strands and G molecules  
Cover active sites where cross bridges begin



muscle



fascicle



fiber



myofibril

You know that milk is Mama's first selection  
Calcium builds bone and starts muscle flexion  
Movement needs calcium to bind to troponin  
Reveals active site makes a myosin erection

The bridge is built by My oh Myosin  
Myosin head finds active site and fits right in  
Shortening sarcomeres - yeah come together  
Skeletal muscles can then walk or can grin

Thick and thin filaments combine  
When active sites myosin heads find  
ATP drives the power stroke  
Myosin pivots toward the M line

Don't you take movement for granted  
It's a gift whether straight or slanted  
Another miracle of the human body  
Simplicity's seeds are planted

CHORUS

NOTES: \_\_\_\_\_  
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