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b. study guide c. lecture 4. Which of the following is a good study method for being successful in Anatomy? a. start studying one week before the exam. b. memorize the textbook and study guide. c. do the review drawings and turn them in to be evaluated. d. make sure you memorized the answers to the review questions. 5.

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Muscles that are not used can get smaller and weaker True. If a muscle is not used, it will get smaller and weaker. This is known as atrophy. 8. You don't need more than 30 minutes of physical activity every day. False. You should get at least 60 minutes of exercise

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STUDY GUIDE 7 1.Types of Muscle Tissues Match the types of muscle tissues with the words and phrases. 1) Skeletal 2) Smooth 3) Cardiac ... Label the muscles and associated structures in the following diagrams by writing the names of the labeled parts in the spaces provided. After labeling, color-code the muscles to help you to distinguish them.

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