**Types of Muscle Contractions, Connective Tissue, and Nervous System Basics**

1.What is the difference between isometric and isotonic contractions? Name and describe the difference between the two types of isotonic contractions. Transition between Virabhadrasana II and Trikonasana and back again identifying the types of muscle contractions that are occurring. Do the same between Bhaktasana and Ustrasana.

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2. What is the strong material that tendons, ligaments, and fascia are primarily composed of? What is the difference between tendons, ligaments, and fascia as to where they are located and what structures they connect?

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3. What two main structures compose the CNS? What are the main structures in the PNS? What are the signs that a nerve be may being stretched too far?

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**Need to knows:**

1. Types of muscle contractions and knowing how muscles are moving in these types of contractions
2. Connective tissue basics. What is fascia (KM 210)? What is a tendon v. a ligament?
3. Nervous system: CNS v. PNS. Where are nerves (CNS or PNS)?

**Associated Reading:**

Connective Tissue, Nervous System basics, and types of Contractions:

1. Manual: pgs. 69-72
2. Key Muscles: 26-34, 36-37, 40-41, 210

**Bonus:** What is the most abundant protein in connective tissues in the body? What is the main difference between loose and dense connective tissues? Study the hierarchy of the nervous system from the powerpoint and ask me questions!