Sarcomere	The repeating unit of a myofibril
Neuron	The functional unit of the nervous system, a nerve cell
Synapse	The interface between a nerve cell and another cell
Neurotransmitter	A chemical release by a neuron. This chemical travels across the synaptic cleft, allowing the neuron to communicate with another cell
Motor unit	One motor neuron and all the muscle fibers it innervate
All-or-none law of skeletal muscle contraction	An individual muscle fiber contracts with equal force in response to each action potential
Subthreshold stimulus	A stimulus too small to create an action potential in a neuron
Threshold stimulus	A stimulus strong enough to create an action potential in a neuron
Submaximal stimuli	Stimuli of increasing strength that create more action potentials along more neurons
Maximal stimulus	A stimulus which is strong enough to create action potentials in all the motor neurons innervating a whole muscle

Muscle tone	The state of partial contraction in a muscle, even when the muscle is not being used