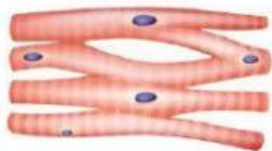


The Muscular System

5

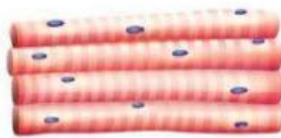
Types of Muscle



Cardiac muscle

Located only in the heart.

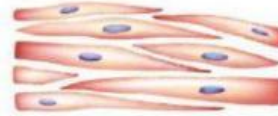
Involuntary



Skeletal muscle

Located in the arms and legs.

Voluntary



Smooth muscle

Located in the stomach

Involuntary

The **muscular system** is made up of muscle tissue. There are about 650 muscles in the adult human body. The cells which muscle tissue is made of are able to change their lengths by **contracting** (to shorten) and **relaxing** (to loosen, to make less tense).

Muscles are found throughout the body and are **responsible for movement**.

There are **3 types** of muscles.

- **Skeletal Muscles** - These muscles move the limbs (arms and legs) and other parts of the body. They are stretched across the bones. These muscles can only pull on bones and must work in pairs. When muscles contract, they pull on the bones to which they are attached causing the bones to move.
- **Smooth Muscles** - These muscles line the organs of the body. **Example: kidneys, stomach, and intestines.**
- **Cardiac Muscles** - These muscles are only found in the **heart**.

Muscles are connected to bones by **tendons**. Tendons are connective tissues which are unable to stretch. The **muscular and skeletal systems** work together to **cause movement** in the body. Dairy products, fruits and vegetables contain **calcium** and other minerals that are used by muscles when they contract. Milk, meat, fish and eggs contain **proteins**. Proteins help build muscle tissues. Breads and cereals provide energy that muscles need to move bones. **Exercise** helps muscles to become stronger. Rest and sleep also keep muscles healthy.

1. What is the function of the muscular system?

2. The **THREE** major types of muscles in the human body are:

- A** smooth muscles, head muscles, and cardiac muscles
- B** smooth muscles, cardiac muscles, and skeletal muscles
- C** smooth muscles, skeletal muscles, and chest muscles

3. Complete the chart below. Describe the function of each type of muscle.

TYPE of MUSCLE	DESCRIPTION
skeletal	
cardiac	
smooth	

4. This muscle is responsible for **pumping blood** throughout the body.

- A** smooth muscles
- B** cardiac muscles
- C** skeletal muscles

5. Which body system works along with the muscular system to promote movement?

6. Explain the difference between **tendons** and **ligaments**.

7. Fill in the blank spaces by writing the word **contract** or **relax**.

- a. When lowering the arm the biceps _____ as the triceps _____.

- b. When raising the arm, however, the biceps _____ as the triceps

_____.



8. Fill in the missing words to complete this close passage extracted from the notes.

_____ products, fruits and vegetables contain _____ and other minerals that are used by muscles when they contract. Milk, meat, _____ and eggs contain _____. Proteins help build muscle _____. Breads and cereals provide _____ that muscles need to move bones. _____ helps muscles to become stronger. Rest and _____ also keep muscles healthy.

9. Which of the following is a **voluntary** muscle?

☐

smooth muscle

☐

skeletal muscle

10. Which of the following is an **involuntary** muscle?

☐

smooth muscle

☐

skeletal muscle

Move More, Eat Healthy



PLEASE READ THE NOTES CAREFULLY. THEN, CHECK YOUR ANSWERS THOROUGHLY BEFORE CLICKING

FINISH.