

Name \_\_\_\_\_

## Muscular System

### Science - Muscular System

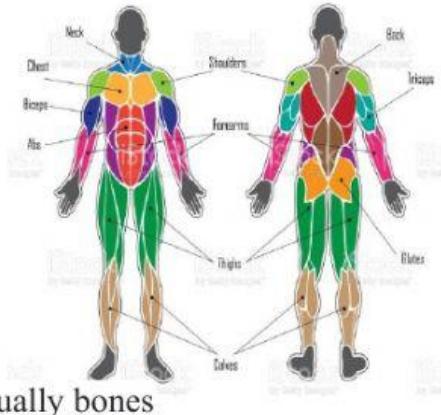
#### Vocabulary

contracting - shorten; to become reduced in size

relaxing - to make less tense or rigid

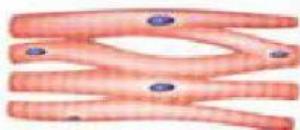
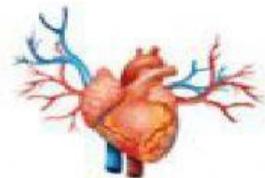
movement - the state of changing something's position

tendon - tissue that attaches a muscle to other body parts, usually bones



The **muscular system** is made up of muscle tissue. The cells which muscle tissue is made of are able to change their lengths by **contracting** and **relaxing**. Muscles are found throughout the body and are responsible for movement. There are three types of muscles: skeletal muscles, smooth muscles and cardiac muscles.

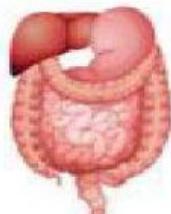
### Types of Muscle



**Cardiac muscle**  
Striated  
Involuntary



**Skeletal muscle**  
Striated  
Voluntary



**Smooth muscle**  
Non Striated  
Involuntary

**Skeletal Muscles** – These muscles move the limbs 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. E.g.: kidneys, stomach, intestines.

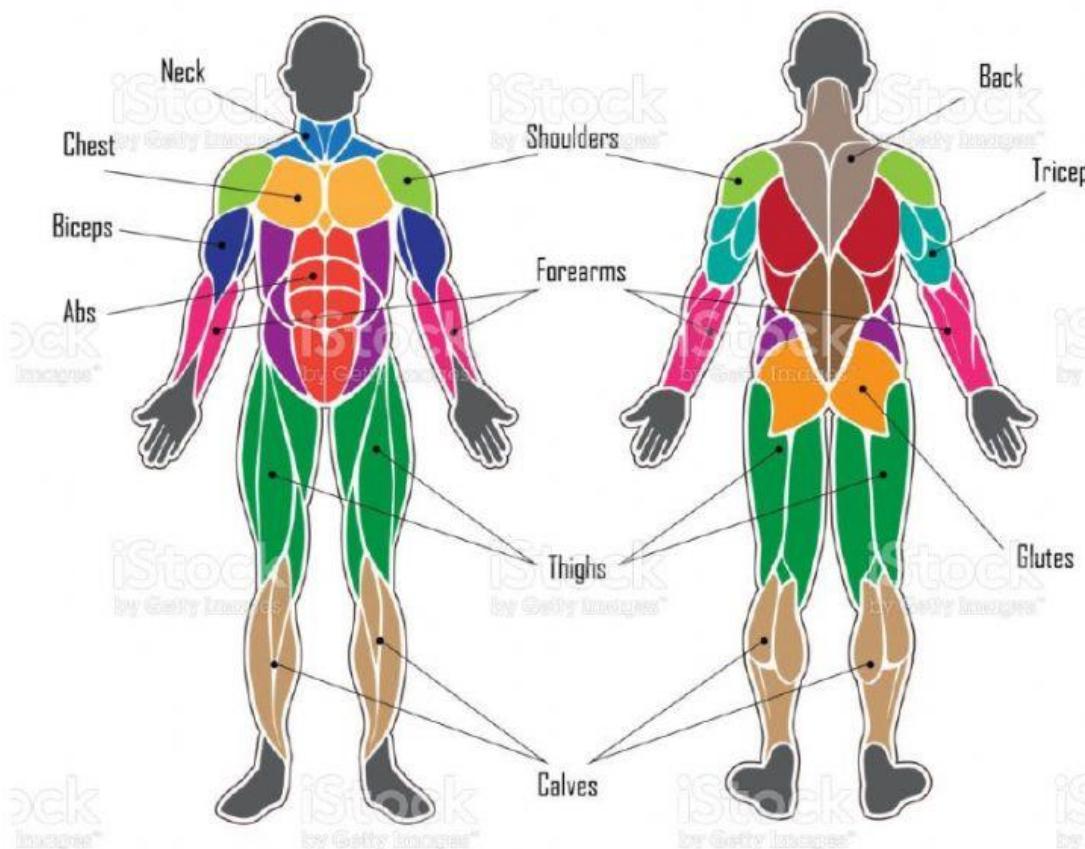
**Cardiac Muscles** – These muscles are only found in the heart.

Muscles are connected to bones by **tendons**. Tendons are connective tissue which is 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 tissue. Breads and cereal provide energy that muscles need to move bones.

Exercise helps muscles to become stronger. Rest and sleep also keep muscles healthy.

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