

Name \_\_\_\_\_

# The Muscular System

Use the words from the word bank below to fill in the blanks in the text. Write the number that corresponds to the word in the blanks provided.

There are over 650 muscles in the body, that are made up of specialized body \_\_\_\_\_.

Muscles found throughout the body not only produce \_\_\_\_\_ but they also provide heat, \_\_\_\_\_ and support. There are three types of muscles in the human body: skeletal, \_\_\_\_\_ and \_\_\_\_\_. Our skeletal and muscular systems work very closely together

to move various parts of the body. Skeletal muscles are what help the human body perform \_\_\_\_\_ tasks like reaching, jumping, walking and dancing. These are the muscles that also hold our bones in place and provide us with the ability to \_\_\_\_\_.

The smooth muscle can be found lining most of the \_\_\_\_\_. Smooth muscles help the respiratory and \_\_\_\_\_ systems perform their functions like push air and \_\_\_\_\_ through the body by contracting and \_\_\_\_\_. The cardiac muscle is responsible for

\_\_\_\_\_ blood throughout the body. The muscles we have \_\_\_\_\_ of are the \_\_\_\_\_ muscles, they are voluntary. However, the smooth and cardiac muscles are involuntary and we don't have control over those, they continue to work \_\_\_\_\_.

Muscles work together in \_\_\_\_\_, when one contracts, the other relaxes. As smaller muscles contract, they help to keep the body warm, when it's cooler, the muscles expand to release \_\_\_\_\_ and help cool the body. Muscles also provide protective tissue layers on most of our organs. Muscles rely on the \_\_\_\_\_ in the brain to tell them what to do.

Muscles need \_\_\_\_\_, adequate sleep and good nutrition to function well.

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|----------------|--------------|--------------|-------------------|
| 1. cardiac     | 2. pumping   | 3. digestive | 4. smooth         |
| 5. fluids      | 6. stand     | 7. expanding | 8. pairs          |
| 9. organs      | 10. skeletal | 11. heat     | 12. automatically |
| 13. exercise   | 14. tissues  | 15. movement | 16. control       |
| 17. protection | 18. neurons  | 19. physical |                   |