The Muscular System Note sheet

The Muscular System is made up of **over 600 muscles**. These muscles **work to cause things to move**.

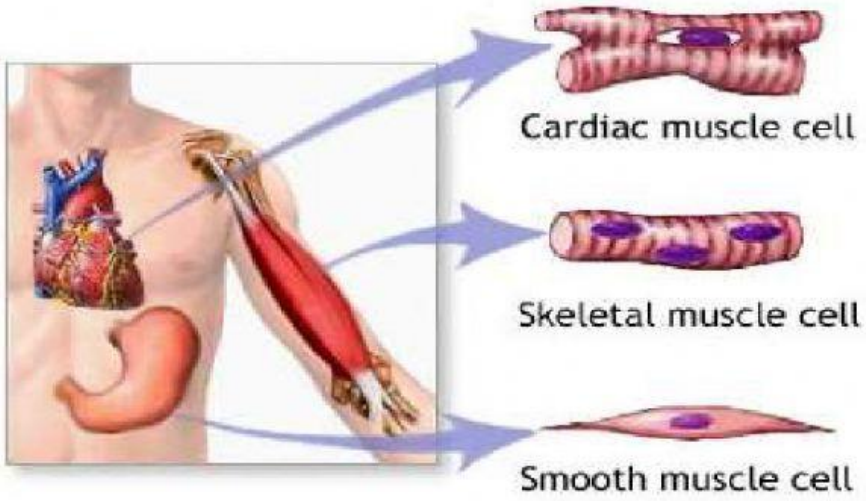
Functions of the Muscular System

1. Help our heart to beat – cardiac muscles cause the heart to beat
2. Help our bones to move – skeletal muscles are attached to bones which cause body movement
3. Help our blood to circulate – smooth muscles of blood vessels move blood around the body
4. Helps our food to digest – smooth muscles of the stomach and intestine work to break down food

Types of Muscles

There are three (3) main types of muscles in the human body:

1. **Smooth Muscles** – are found in the linings of internal organs including blood vessels and digestive organs. These muscles have a smooth appearance with pointed ends. They are also classified as involuntary muscles.
2. **Skeletal or Striated Muscles** – are those muscles connected or attached to bones. This type of muscle is striated or lined. They are long cylinder shaped cells with more than one nuclei. They help bones to move and are found in the arms, legs, chest, neck, abdomen and face. These muscles are classified as voluntary muscles.
3. **Cardiac Muscles** – are found in the heart ONLY. These muscles are very thick and look branching with striations. They have intercalated discs at the ends of the cell and they help the heart to beat. They are classed as involuntary muscles.



Muscles can either be **voluntary** or **involuntary**.

- **Voluntary** muscles we can control. They move when we want them to move. Some voluntary movements include: speaking, writing, walking, swimming, riding a bicycle, etc.
- **Involuntary** muscles work automatically. We have no control over these muscles. Some involuntary actions include: sneezing, coughing, blinking, hiccup, heartbeat, breathing, circulation of blood, etc.

LIVEWORKSHEETS