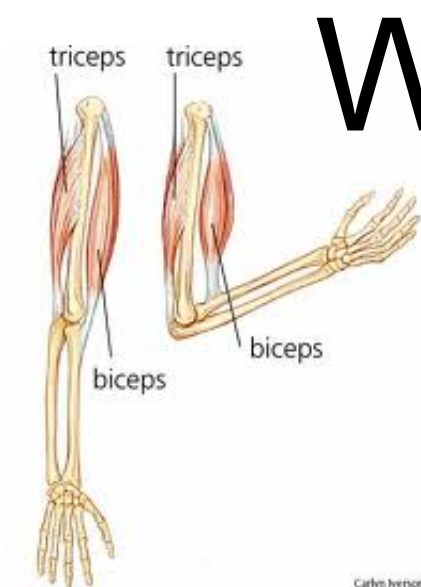


May 30, 2019

- 1) Muscular System
- 2) Review WS/pg 351 #4,5,8



Warm-Up

The triceps make up close to % of the upper arm.

The Muscular System

Primary purpose of the muscular system is to provide movement for the body.

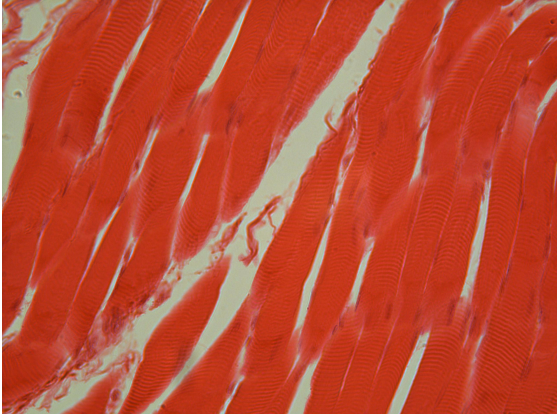
Muscles receive their ability to move through the nervous system.

The Muscular System

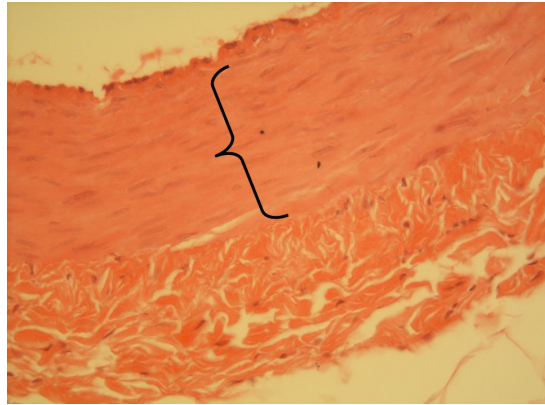
- Your body contains more than 600 muscles.

Types of Muscles:

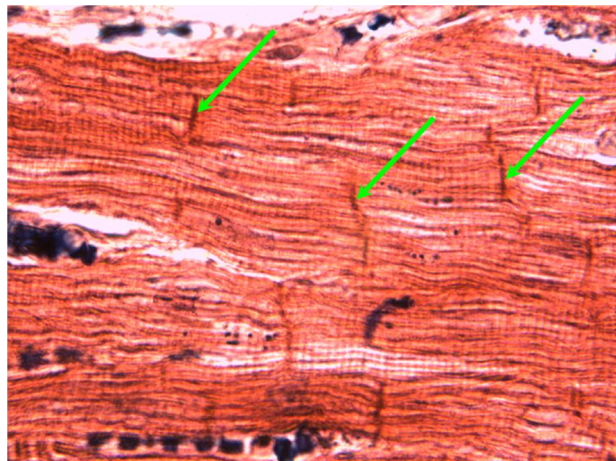
- The human body has 3 kinds of muscle tissue.
- Skeletal muscle: are attached to bones and make movement possible; at joints, skeletal muscles are attached to bones by tendons; can be controlled voluntarily
- Smooth muscle: found in the walls of blood vessels, the stomach and other organs; cannot be controlled voluntarily
- Cardiac muscle: pump blood through the heart and rest of the body .



skeletal muscle



smooth muscle



cardiac
muscle

Muscle Actions:

- Muscle cells change their lengths by contracting, or shortening, to do work.
- Skeletal muscles always work in pairs; e.g. one to bend arm, and one to straighten it.

Muscle Problems:

- Muscles can get painful cramps.
- Muscle cramps occur when muscles spasm by contracting suddenly and strongly.
- Sore muscles are caused by overuse or small tears.
- A muscle strain is caused by a larger tear that requires rest and time to heal.
- Muscular dystrophy is a disease of the skeletal muscles in which the muscles gradually are destroyed.
- The muscle loses its ability to contract.

Muscular System Worksheets

pg 351 #4,5,8