

Muscles Study Guide

Types of muscles

Voluntary- You control their movement (walking, smiling, getting out of your chair)

Involuntary- You do not control their movement (heartbeat, digesting food)

Main functions of muscular system

- Movement (walking, talking, heartbeat)
- Maintain body temperature (shivering)
- Maintain posture (hold body up against gravity)

3 Types of Muscles

Skeletal-

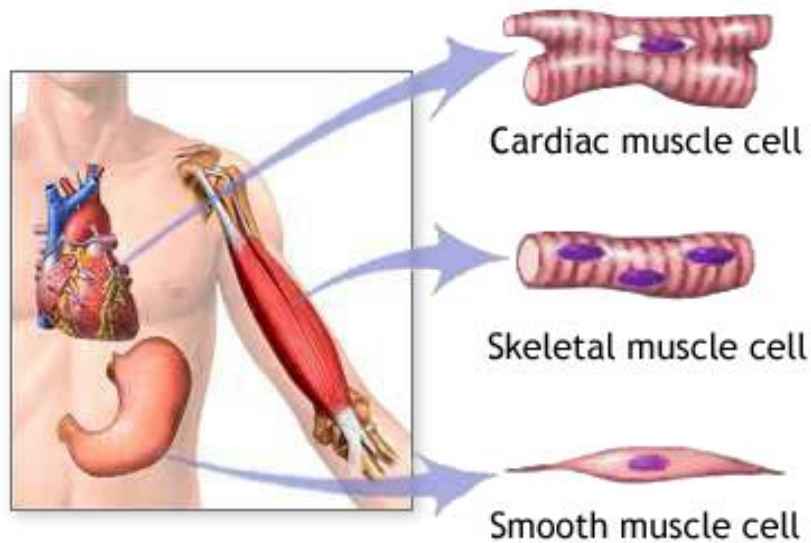
- move body by pulling on bones
- attached to bones by **tendons**
- they work in pairs to move bones
- **react quickly**
- **fires easily**
- **voluntary**
- **striated**

Smooth-

- control movements inside your body, such as digestion of food
- located in internal organs, example: stomach and blood vessels
- **react slowly**
- **fire slowly**
- **involuntary**
- **not striated**

Cardiac-

- Found only in the heart
- contracts constantly (heartbeats)
- **do not get tired**
- **involuntary**
- **striated**



ADAM.

Muscles work in pairs to move bones.

While one muscle **contracts**, the other muscle **relaxes**.

Pectorals/Trapezius: move arms/shoulder forward and backward

Deltoids/Latissimus dorsi: push arm upward and downward

Biceps/Triceps: bending and straightening the elbow

Rectus Abdominus/Gluteus Maximus: bending over and straightening up

Quadriceps/Hamstrings: bending and straightening the knee

Gastrocnemius/Tibialis anterior: standing on your toes or pulling toes up to shin

Exercise is important to maintain muscular strength and flexibility.

Longest muscle in body: Sartorius

Tendons: Connective tissue that joins muscles to bones

*****STUDY MUSCLE MAN DIAGRAM*****