Muscular System Note Sheet Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_

Ms. Cyriac

1. What do muscles do?

a.

b.

c. voluntary –

ex. Shooting a basketball, playing a piano, etc.

d. involuntary –

ex. Muscles that help you breathe, make your heart beat

2. 3 Types of Muscles

a. **Smooth Muscle** –

- found inside digestive tract, lining of blood vessels

- INVOLUNTARY- you cannot control the movement!

b. **Skeletal Muscle** –

- VOLUNTARY control

- **Flexor** –

- **Extensor** –

- a great example is when you bend and straighten your arm at the elbow using your biceps and triceps.

c. **Cardiac Muscle** –

- responsible for the contraction of your heart

- INVOLUNTARY!

3. Properties of Muscles

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- muscles have the ability to shorten, or contract

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- muscles lengthen

4. How do you build strong muscles?

a.

b.

ex. Meats, milk, eggs, yogurt, fish, nuts

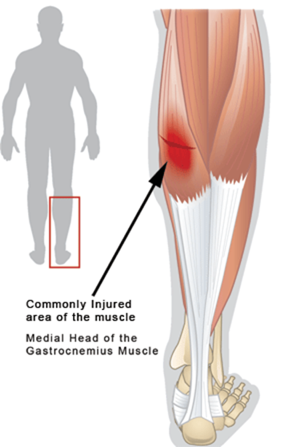
c.

5. Muscular System Problems

1. Muscle Strain

a.

b. to heal-



2. Muscle Cramp

a.

b.

c. to heal – gently stretch the muscle and massage the knot

3. Muscular Dystrophy

a.

b.

c. symptoms – muscle weakness, difficulty standing/walking, frequent falling

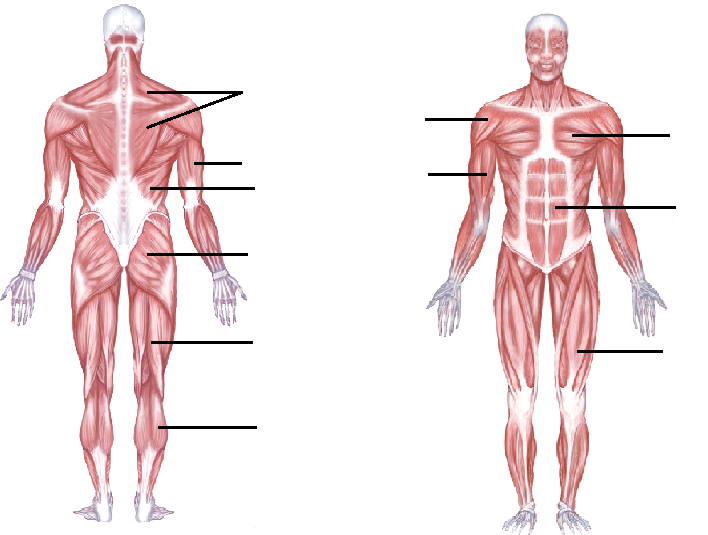
d. cannot be cured, but early detection is key as muscle weakening can be delayed

6.) Muscle Size

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- increase in muscle size due to exercise

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- decrease in muscle size from a lack of use of muscles

Diagram of the Muscular System



Rectus

Abdominis

Trapezius

Gastrocnemius

Hamstring

Gluteus Maximus

Triceps

Quadriceps

Deltoid

Biceps

Pectoralis