

## **MUSCULAR SYSTEM**

### **I. FUNCTION**

- A. movement
  - 1. contracts
  - 2. relaxes
- B. beat heart
- C. digest food
- D. warm body (shivering)

### **II. STRUCTURE**

- A. muscle fibers make muscles
- B. 3 types
  - 1. skeletal
    - a. connected to bones by tendons
    - b. has striations (stripes)
    - c. is voluntary
    - d. examples
      - (1) biceps
      - (2) triceps
  - 2. smooth
    - a. found in internal organs
    - b. involuntary control
    - c. has no striations
  - 3. cardiac
    - a. found in the heart
    - b. involuntary control
    - c. is striated like skeletal muscle, but branched like smooth muscle
- C. muscles work in pairs
  - 1. only contract (pull)
  - 2. extensors straighten a joint
  - 3. flexors bend a joint

### III. PROBLEMS

- A. pulled muscles
- B. overstretched/torn tendons
- C. sore muscles
  - 1. lactic acid buildup
  - 2. needs more oxygen