

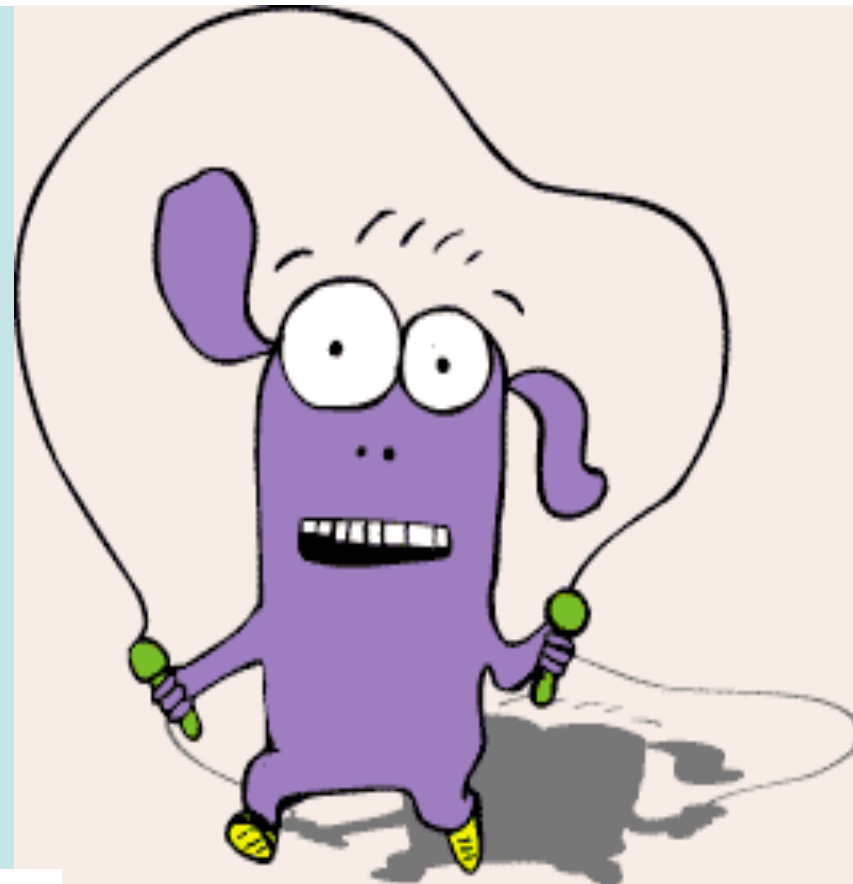


MUSCULAR SYSTEM

Function:



MOVEMENT



OF



**THE
BODY**



GROUPS OF MUSCLE:

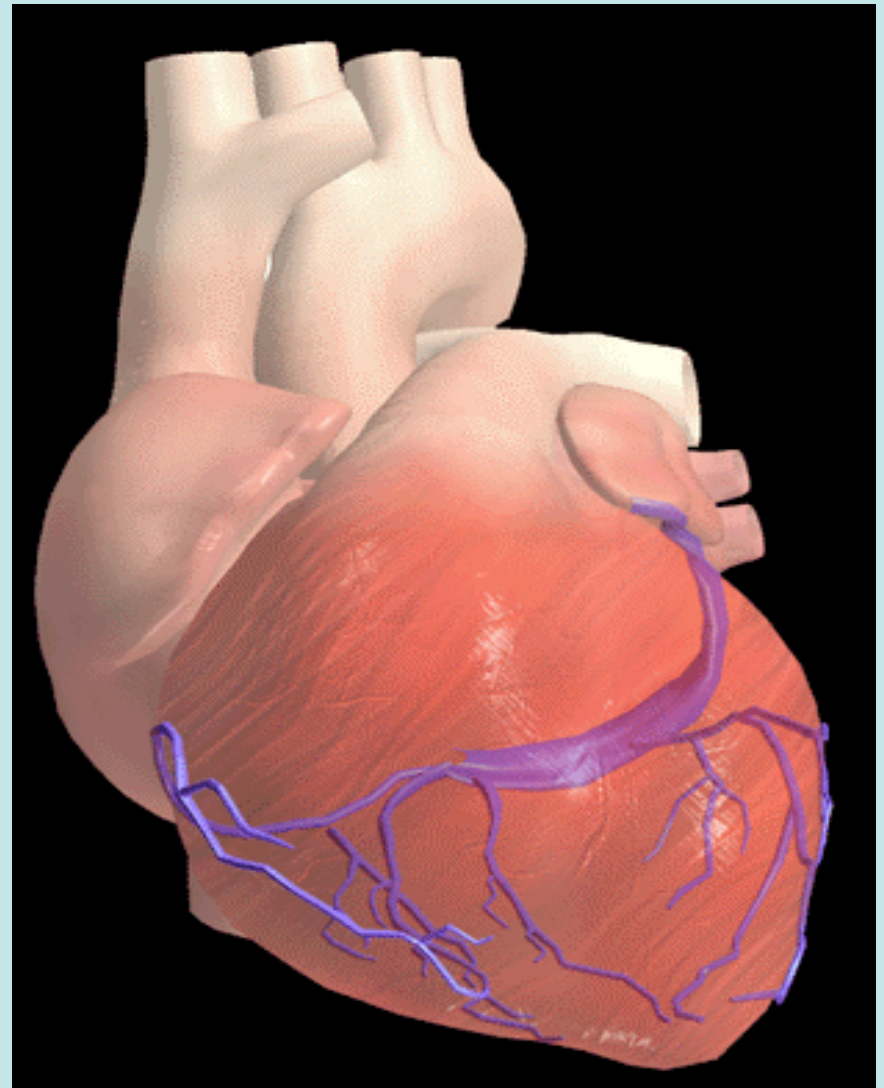
- INVOLUNTARY- MOVES ON OWN. WE DON'T HAVE TO THINK ABOUT IT. [2 TYPES]
- VOLUNTARY- WE MUST THINK ABOUT THE ACTION TO GET THE MOVEMENT. [1 TYPE]

CARDIAC MUSCLE

INVOLUNTARY

-works by self

- **Striated**
- **Doesn't tire**
- **Built-in rhythm**
- **heart**



SMOOTH MUSCLE

INVOLUNTARY

-Flat

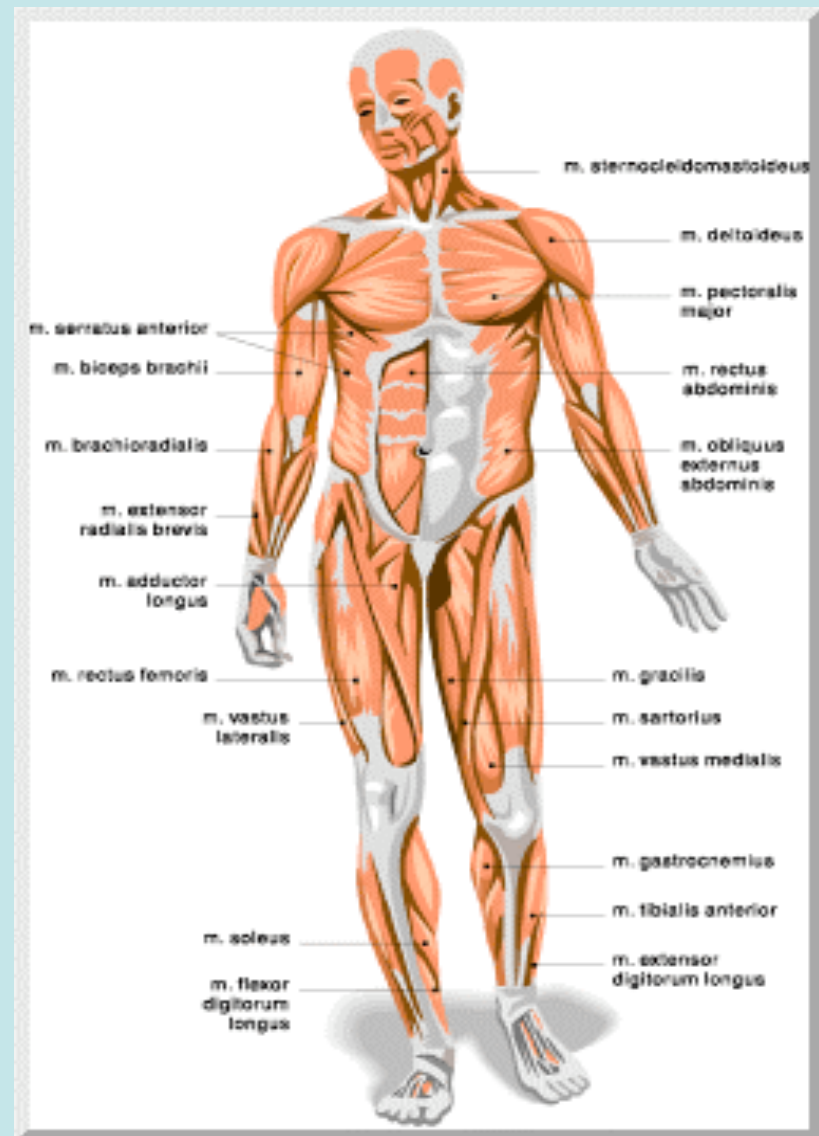
-Smooth

-Lines hollow
organs



SKELETAL MUSCLE

- Works with us directing them.
–*VOLUNTARY*
 - Striated
 - Easily tires
 - Attaches to bone for movement

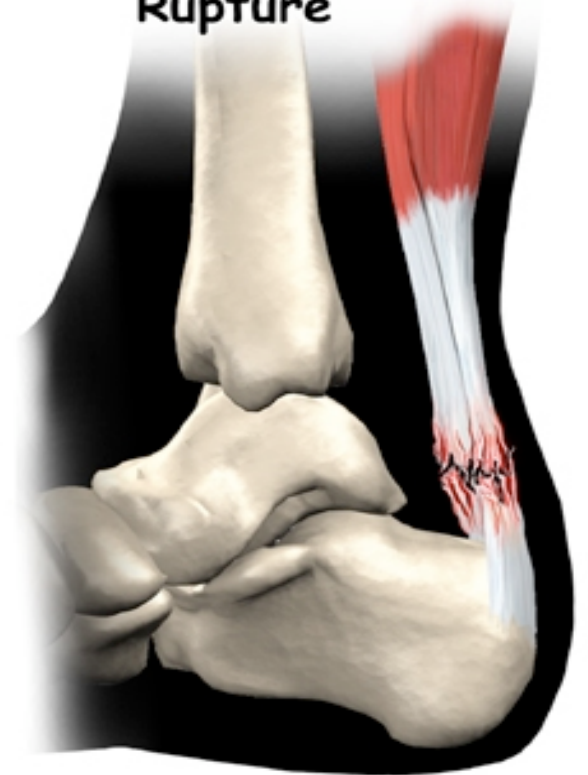


TENDONS

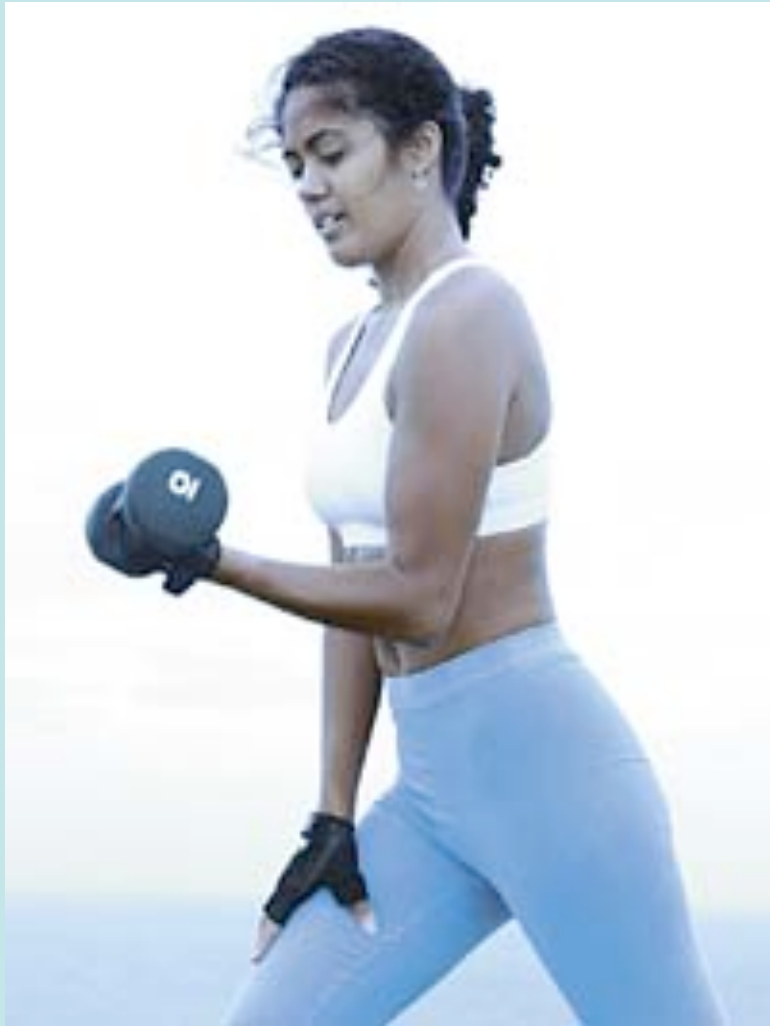
Connective tissue that attaches muscle to bone.



Achilles Tendon Rupture



WORKING IN PAIRS



- ***SKELETAL***
- Muscles contract & relax.
- Pull only / not push.
- Need to work both equally.