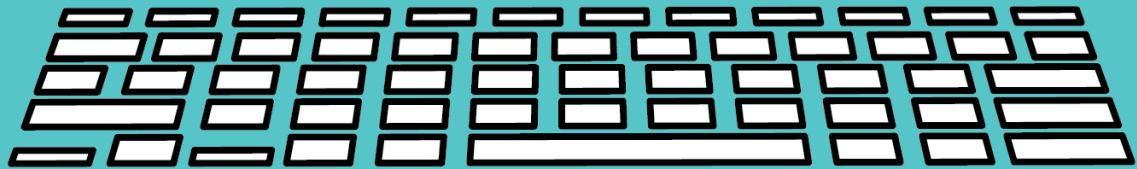
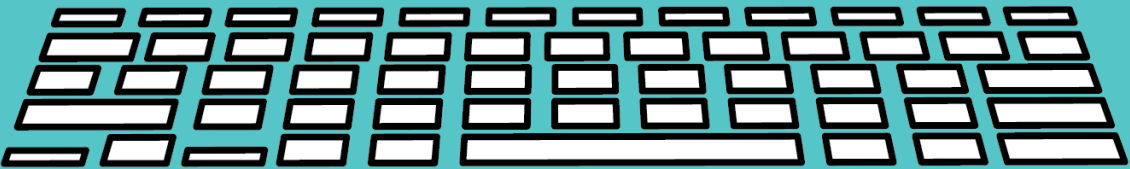


MUSCLES ARE
MADE UP OF
SPECIAL
CELLS CALLED
MUSCLE FIBERS

Short Answer	Type Answer Here
1. What percent of the body's weight is made of muscle?	
2. What is an automatic muscle also called?	
3. What are Rectus abdominus muscles commonly called?	
4. On what body part is the smallest muscle found?	
5. What is the longest muscle in the body?	
6. What part of the body can the deltoid muscle be found?	
7. What are cardiac muscles also called?	
8. How many total muscles move and support the body?	



Short Answer	Type Answer Here	Fill in the Blank	Type Answer Here
1. What percent of the body's weight is made of muscle?		9. The bicep and ___ muscles in the arm work together.	
2. What is an automatic muscle also called?		10. The ___ muscle is the involuntary muscle around the heart.	
3. What are the external abdominus muscles commonly called?		11. ___ muscles are the weakest type of muscles in the body.	
4. On what body part is the smallest muscle found?		12. The largest muscle is the gluteus ___.	
5. What is the longest muscle in the body?		13. ___ muscle moves the arm and moves the bones by pulling them together.	
6. What part of the body can the deltoid muscle be found?		14. The neck muscle that is called the ___ muscle is called the ___ muscle.	
7. What are cardiac muscles also called?		15. Muscular system includes skeletal, cardiac, & ___ muscle.	
8. How many total muscles move and support the body?		16. Muscles ___ and relax to move body parts.	



MUSCULAR SYSTEM

Did you know that muscles control all kinds of movement in the body. The eye moves, you can breathe using muscles. Muscles also move food down the digestive tract. Your face has muscles that make you smile and frown. Forty percent of the body's weight is made of muscle!

Both the skeletal and muscular systems are part of the muscular system. There are 700 muscles in the body that support the body. The muscular system includes skeletal, cardiac, and smooth muscles. Some muscles in the body move automatically, like the heart. The kind of automatic muscles are called involuntary. An unconscious control system controls these muscles. Other muscles are considered voluntary.

Muscles cover the body and are under the skin. What gives the body structure, muscles make the bones move. Muscles have blood vessels, tendons, and nerves. Muscles contract and relax to move the parts.

Often muscles work in pairs. For instance, the bicep and tricep muscles in the arm work together. The bicep contracts and the tricep relaxes to move the arm. Another example includes the hamstring and quadricep muscles in the upper thigh. To kick a soccer ball forward, the hamstring shortens and the quadricep relaxes.

There are three kinds of muscles:

- Cardiac muscle (also called myocardium)
- Smooth muscles (also called visceral muscles)
- Skeletal muscles (also called striped or striated muscles)

The cardiac muscle is the involuntary muscle around the heart. It pumps blood throughout the body. Hormones and signals from the brain determine how fast or slow the heart beats. The cardiac muscle has light and dark stripes.

Smooth muscles are also involuntary. They are the weakest type of muscle in the body. They do not connect to bones. Instead, they control organs such as the intestines and stomach. Smooth muscles contract to push things along inside the blood vessels and organs. These layered muscles function on their own and cannot be controlled or stopped.

- Smooth muscles are used to throw up if you are sick.
- These muscles are also the muscles used to pee. When you hold pee in, the muscles are relaxed, but the muscles contract when you go to the bathroom.

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- Smooth muscles are the ones that focus your eyes when you look at something.

Skeletal muscles cover and move the bones by pulling them. The body gets its power and strength from skeletal muscles. These are voluntary muscles because the brain sends the signals to move the bones. Most of these muscles attach to bones with tendons. Tendons are cords of tough connective tissue made from collagen.

- Calf and thigh muscles are among the biggest and most powerful in the body.
- Biceps and triceps are the upper arm muscles. Biceps are in the front of the arm and triceps in the back.
- Quadriceps and hamstrings are the upper thigh muscles. The hamstrings are in the back of the leg, and the quadriceps are the front of the upper thigh.

Even the face has muscles, though they are not attached to bone.

Some other common muscles include:

- The deltoid muscle moves the arm in various directions and away from the body. It is a triangle-shaped muscle in the back at each shoulder.
- Pectoralis muscles are in the front of the chest on each side. They pull your arm forward and rotate your arm.
- Rectus abdominus muscles are below the pectoralis muscles. Usually, these are the abs. They help you bend, straighten, or twist.
- Biceps are the muscles in the upper arm that you use to "make a muscle."
- Triceps are in the back of the upper arm.
- Quadriceps muscles are in the front of the thigh. They are used every time you sit and squat. They help you straighten your leg.
- Hamstring muscles are in the back of the thigh. These muscles bend your leg.

Other muscles include:

- Gluteus muscles are in the buttocks. The largest is the gluteus maximus found in the buttocks. The smallest muscle is the stapedius in the ear. The strongest muscles in the body are the masseter muscles in the jaw. The longest muscle in the body is the Sartorius muscle. It runs from the hip to the inside of the knee. The cardiac muscle is the most active. It beats 100 times a day non-stop. Over a lifetime, it can beat over 3 million times.

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THE VIDEO TO
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PRODUCT WORKS**