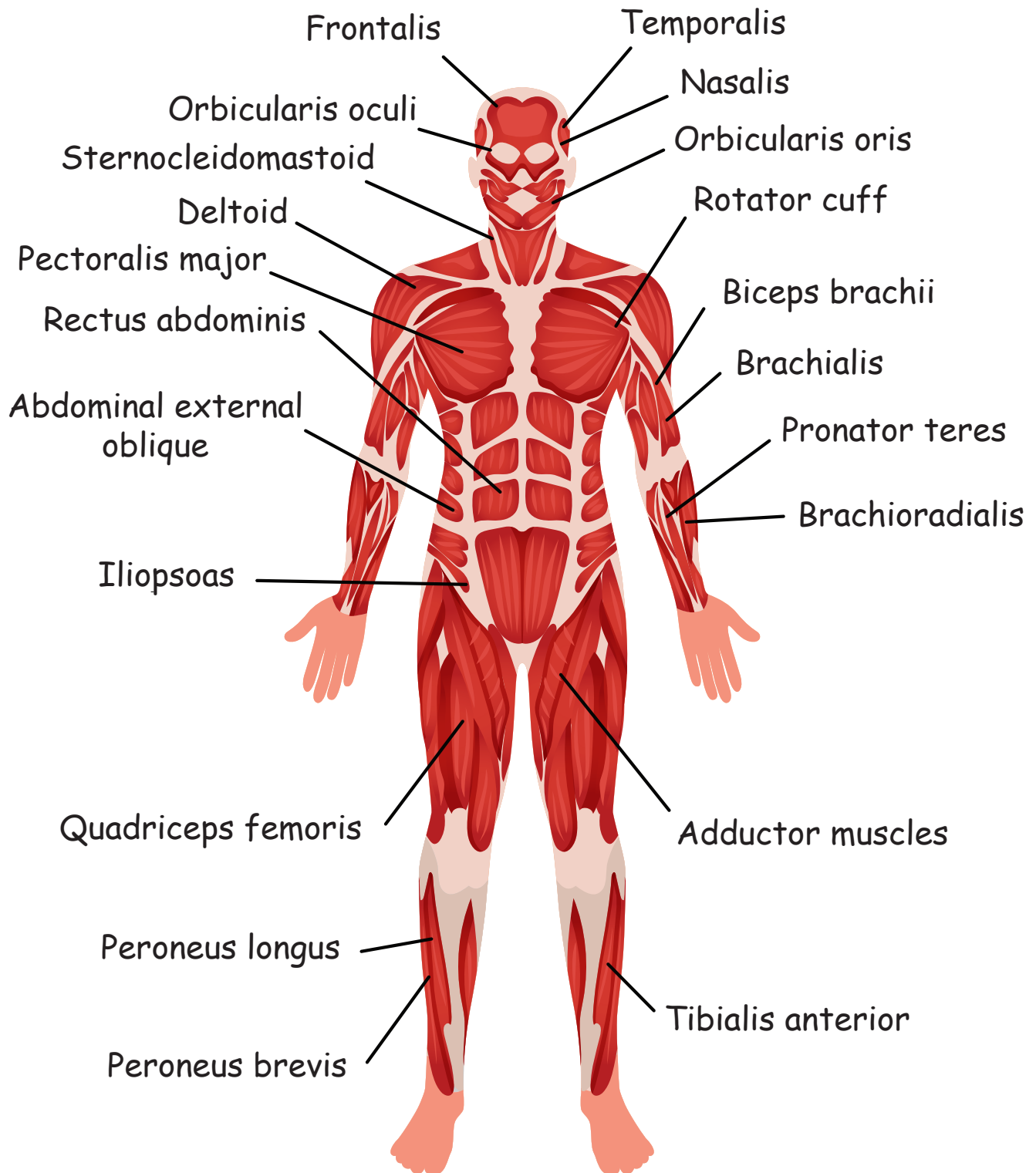


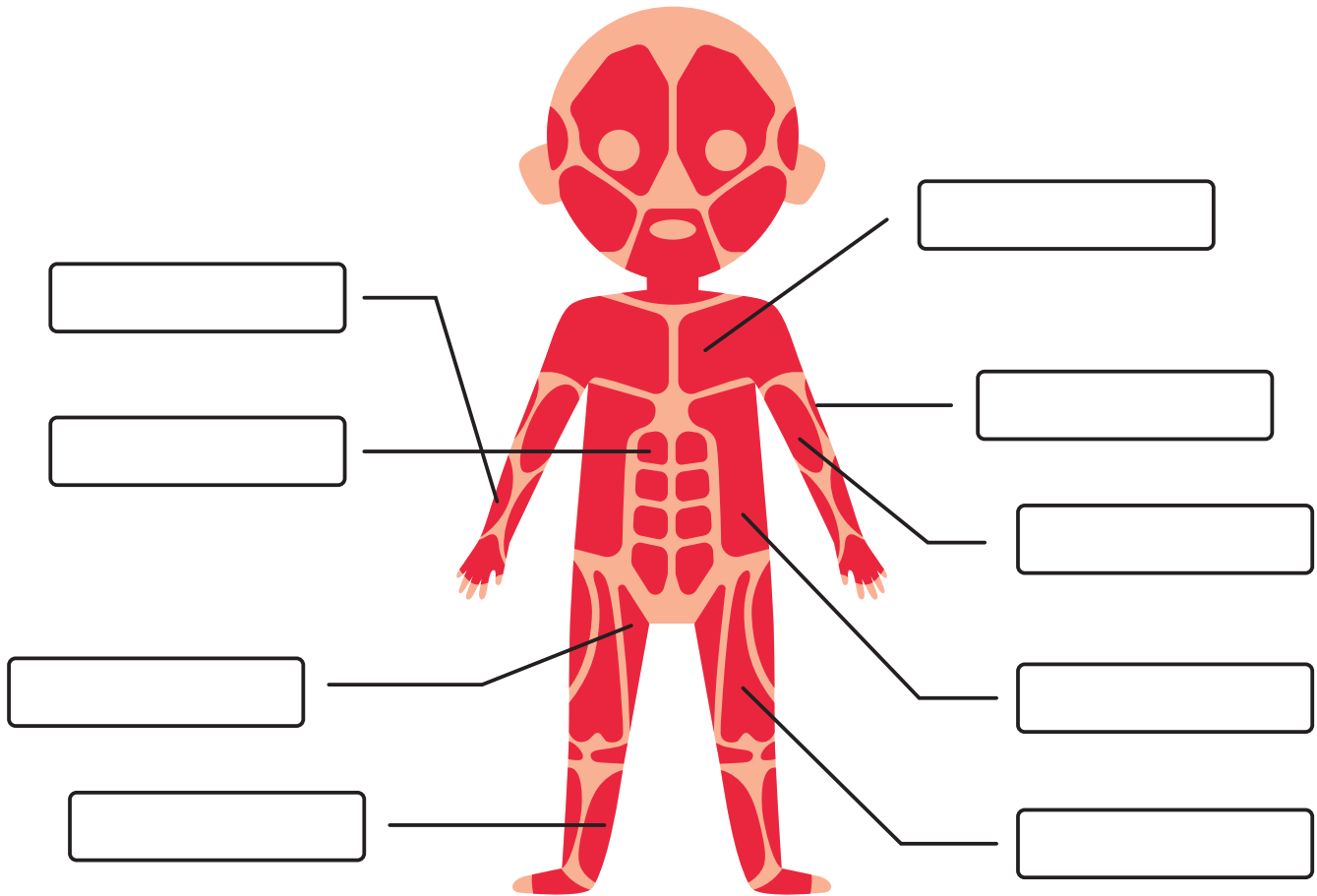
# Muscular System



Name: \_\_\_\_\_

# Muscular System

Directions: Label the parts of the muscles.



Sartorius  
Rectus Abdominus  
Deltoids  
Biceps  
Quadriceps

Brachioradialis  
Pectorals  
Triceps  
External obliques  
Gastrocnemius

Name: \_\_\_\_\_

# Types of Muscle Cells

**Directions:** Match the muscle to its correct organ.

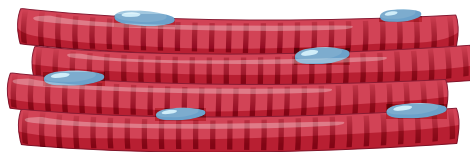
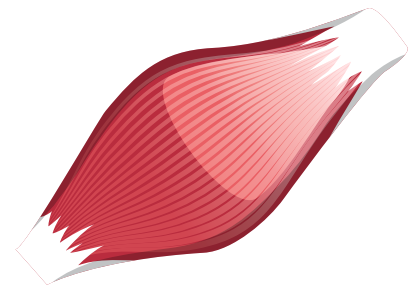


**Smooth muscle cells**

Has spindle-shaped,  
nonstriated  
uninucleated fibers.

-----  
Occurs in walls of  
internal organs.

-----  
is involuntary.

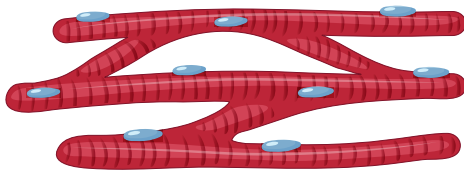
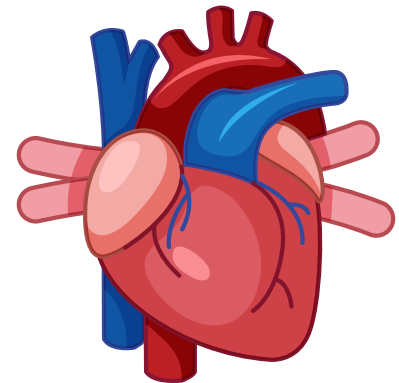


**Striated muscle cells**

Has striated, branched,  
uninucleated fibers.

-----  
Occurs in walls of heart.

-----  
Is involuntary.

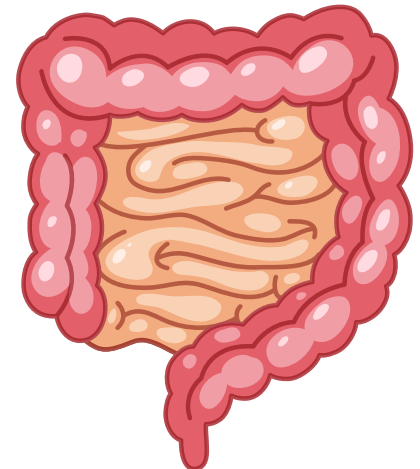


**Cardiac muscle cells**

Has striated, tubular,  
multinucleated fibers.

-----  
Is usually attached to skeleton.

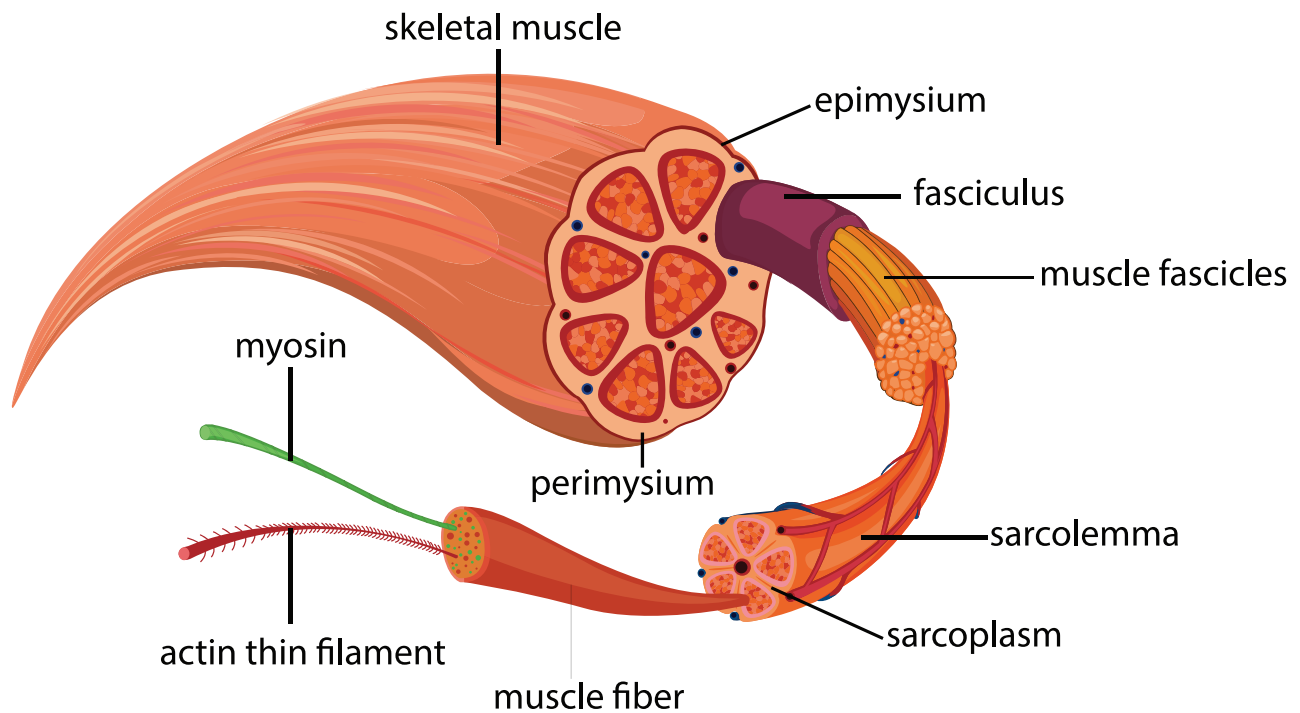
-----  
Is involuntary.



Name: \_\_\_\_\_

# What is a Muscle?

Muscle is a soft tissue found in most animals. Muscle cells contain protein filaments of actin and myosin that slide past one another, producing a contraction that changes both the length and the shape of the cell. Muscles function to produce force and motion.



Q	S	M	U	S	W	F	A	S	C	I	C	U	W
J	I	M	Y	O	S	I	N	U	S	F	M	B	R
Y	Z	R	U	N	W	B	S	J	D	W	U	I	S
I	K	A	Z	X	Y	E	W	E	K	O	S	C	W
H	U	Z	E	K	P	R	Z	Y	W	Z	C	I	O
P	E	R	I	M	Y	S	I	U	M	W	L	C	T
K	U	Y	M	U	I	S	Y	M	I	P	E	D	H
S	A	S	A	R	C	O	P	L	A	S	M	C	A
H	F	A	S	C	I	C	U	L	U	S	W	U	A
Z	X	K	W	S	A	R	C	O	L	E	M	M	A

# Muscles

\_\_\_\_\_ tissue  
in the body

\_\_\_\_\_ for  
movement

\_\_\_\_\_ muscles  
in the body

# MUSCULAR SYSTEM

## **FUNCTIONS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **VOLUNTARY**

MUSCLES THAT WORK WITHOUT

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **INVOLUNTARY**

MUSCLES CONTROLLED BY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## TYPES **OF** MUSCLES

### *Skeletal:*

- MUSCLES USED TO \_\_\_\_\_  
AROUND \_\_\_\_\_ TO BONES

### *Smooth:*

- \_\_\_\_\_ MUSCLES DO NOT  
\_\_\_\_\_ TO BONES,  
CONTROL \_\_\_\_\_ IN THE BODY

### *Cardiac:*

- PUMPS \_\_\_\_\_ THROUGHOUT THE  
BODY  
FOUND IN THE \_\_\_\_\_

Name: \_\_\_\_\_

# Muscular Strength Activities



**JUMP**

**BALANCE**



**SPRINT**



**PUSH**

**STRIKE**



**LIFT**

