**The Muscular System**

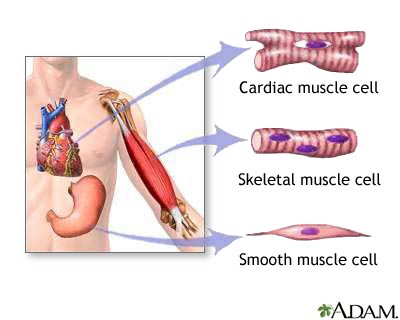
[**http://www.dnatube.com/video/2115/Anatomy-Muscle-Types**](http://www.dnatube.com/video/2115/Anatomy-Muscle-Types)

**Types of Muscle Tissue**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ muscle** – located only in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – constantly contracting and relaxing

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ muscle** – located in \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (except the heart) – contracts to help move materials through your organs

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (striated) muscle** – attach to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by tendons and responsible for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the bones to provide motion. They are the most common type of muscle in the body



**Function of Skeletal Muscle**

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

Stabilize the body/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_ production

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

<http://health.howstuffworks.com/human-body/systems/musculoskeletal/adam-200006.htm>

**Muscle Facts**

There are over \_\_\_\_\_\_\_\_\_ muscles in the body which is approximately \_\_\_\_\_\_\_\_% of the total body weight.

Most muscles work in antagonistic \_\_\_\_\_\_\_\_\_\_\_ since muscles can only \_\_\_\_\_\_\_\_\_\_ – not push. Therefore, one muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ while the other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and then vice versa.

Every person has a unique \_\_\_\_\_\_\_\_\_\_\_\_\_\_ print.

It takes \_\_\_\_\_\_\_\_ muscles to smile and \_\_\_\_\_\_\_\_ to frown.

<http://www.youtube.com/watch?v=RsWNyqnHQ2I>

