

Name: _____

MUSCULAR SYSTEM NOTES!

1) Purpose of the muscular system Movement of the parts of the body, blood, and food particles

2) Three types of muscle tissue

a) Smooth

b) Cardiac

c) Skeletal

3) Add the following words to the Venn diagram on the right

i) heart, digestive tract, bicep, artery, voluntary, involuntary, ache, do not tire, banded, react quickly, react slowly.

4) Action of muscles

a) Muscles **work in pairs**. One contracts while the other relaxes. To do the opposite movement, the opposite muscle contracts while the other one relaxes.

i) Example-

Bicep and Tricep

b) In order for a muscle to be used, a message from the brain must be delivered to a nerve connected to the muscle.

