

Function of the Muscular System

- Produce movement
- Maintain posture and body position
- Support soft tissue
- Guard entrance and exits
- Maintain body temperature



Types of muscles

1. Cardiac muscles: HEART

- Heart muscle makes your heart pump blood.

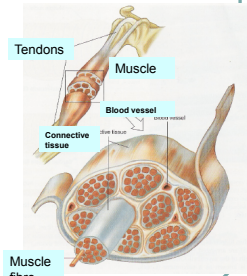


2. Skeletal muscles: MOVES BONES

- Attached to bones.

3. Smooth muscle: ORGANS

- Surround organs, tubes,
- Contract propels content through organs (peristalsis).

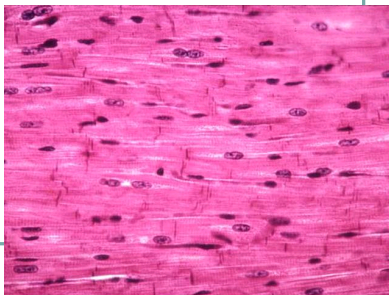


Cardiac Muscle

1. Cardiac muscles:

Heart muscle makes your heart pump blood

- Vertical bands

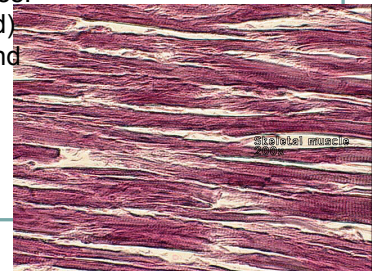


Skeletal muscle

2. Skeletal muscles:

Attached to bones.

- Striated (striped)
- No bands up and down

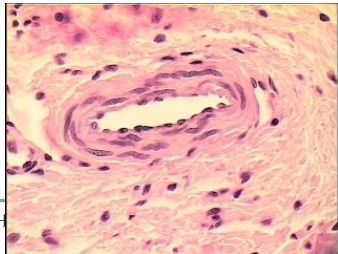


Smooth Muscle

3. Smooth muscle:

Surround organs, tubes, eg. stomach, urinary bladder, blood vessels.

Contract propels content through organs (eg. expel urine).



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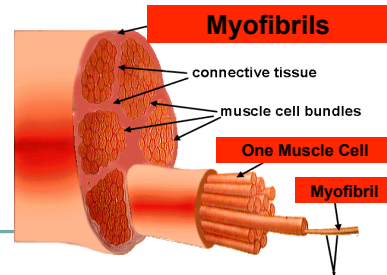


Muscle Form

Comes in clumps – Called **Myofiber**

•One Muscle cell

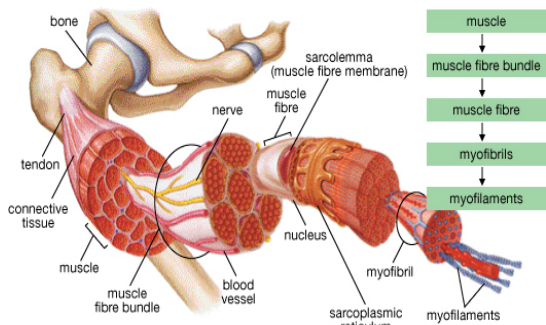
•Myofibril



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Khan Academy: Anatomy of a muscle:

<https://www.youtube.com/watch?v=1Y2Z3sG01IA>



Contraction

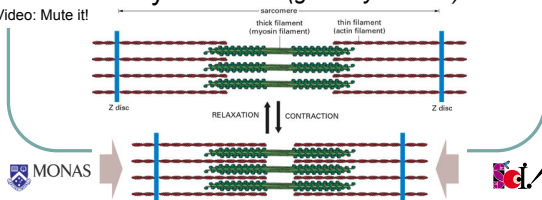
Just means to shorten the muscle

How:

•**Actin & Myosin** Ratchet off each other

1. Actin: Skinny (*think most actors*)
2. Myosin: Fat (*gluttony is a sin*)

•Video: Mute it!



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