



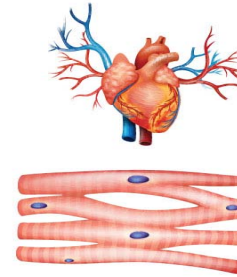
The human body is made up of several main systems, one of which is the muscular system.

They are responsible for more than 40 percent of a person's total body weight. These muscles are controlled by the nervous system.

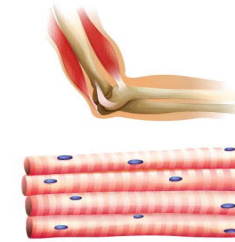
Some are involuntarily controlled, meaning they contract and relax without thought.

Other muscles are voluntarily controlled, meaning that we must make them contract and relax.

Types of Muscle

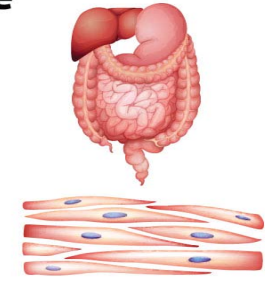


Cardiac muscle
Striated
Involuntary



Skeletal muscle
Striated
Voluntary

musclearts



Smooth muscle
Non Striated
Involuntary

3 types of muscle

(1) Voluntary (Skeletal muscle)

- These muscles make up the majority of the muscle amount in your body and help to give your body its shape.
- They are attached to your skeleton by the tendons.
- They are called voluntary because it takes a conscious thought process for them to contract and therefore create movement.

(2) Cardiac (Heart muscle)

- This is also a form of involuntary muscle.
- They ensure that the heart works automatically and constantly.
- The shape of the muscle is designed to transmit electric message quickly so to keep the heart working in an ordered fashion and react to exercise or rest.

(3) Involuntary (Smooth muscle)

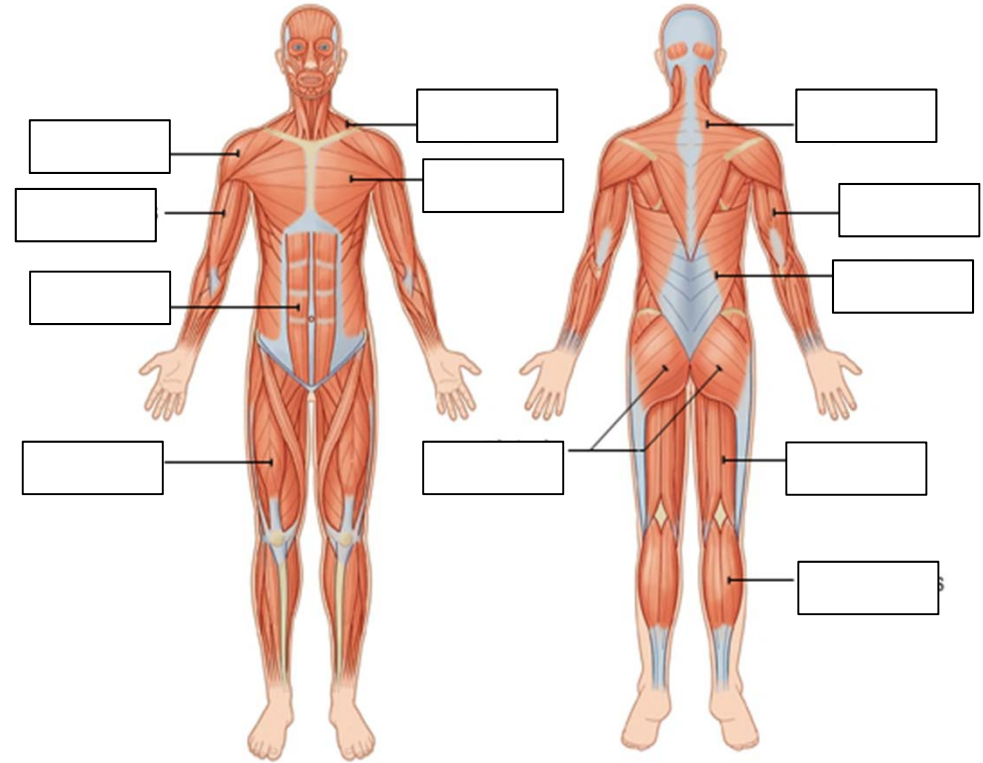
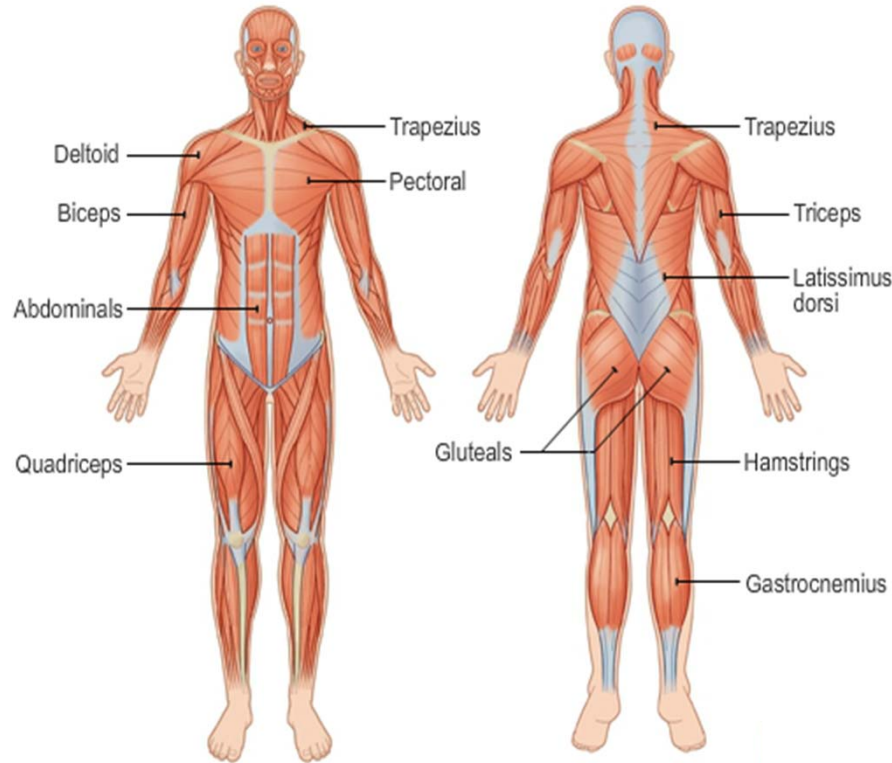
- It is not possible to consciously control these muscles.
- They are essential in maintaining the 'working body.'
- They are found in the walls of your arteries, blood vessels and intestines creating dilation and constriction which forces blood, food etc to move around in your body.



ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:
Multiply choice test on muscular system.

Naming the Muscular System (4)



Key term

Muscle- a tissue made up of fibres that are capable of contracting to produce movement.