**The Muscular System, Lesson Outline**

1. Movement is an important function of \_\_\_\_\_\_\_\_ \_\_\_\_\_\_. They are also important for \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_ body \_\_\_\_\_\_\_\_\_\_\_
2. A muscle is made of strong tissue that cans \_\_\_\_\_\_\_\_ in an orderly way.
3. Muscles that are attached to bones enable your skeleton to \_\_\_\_.
4. Muscles that are attached to bones support the body and help it \_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_ work with muscles to help keep joints in place when the body moves.
6. Some muscles that are not attached to bone cause \_\_\_\_\_ and \_\_\_\_ to move throughout the body. They also make the \_\_\_\_\_ beat and hair stand on end.
7. Muscles protect the body by acting like a layer of \_\_\_\_\_\_\_ for bones and internal organs
8. \_\_\_\_\_\_\_\_\_ is when muscles contract rapidly change chemical energy. The heat energy helps raise your body's \_\_\_\_\_\_\_\_\_\_\_.
9. Muscles that are attached to bones are \_\_\_\_\_\_\_\_ \_\_\_\_\_\_. They are also called \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_, muscles that are under conscious control.
10. Skeletal muscles work by \_\_\_\_\_\_\_ on bones
11. \_\_\_\_\_\_\_\_ increase the size of muscle cells and makes the entire muscle larger and stronger.
12. \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ cannot be consciously controlled.
13. \_\_\_\_\_\_ \_\_\_\_\_\_\_ are involuntary muscles named for their smooth appearance.
14. Contraction of smooth muscles in the \_\_\_\_\_ \_\_\_\_\_\_\_ helps control the movement of blood through vessels
15. Contraction of smooth muscles in the stomach moves \_\_\_\_\_\_\_\_ through the digestive tract.
16. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ are involuntary muscles located only in the heart.
17. Cardiac muscles pump blood through your \_\_\_\_\_ and through \_\_\_\_\_\_\_ to the rest of the body.
18. The cardiac muscles of the heart help maintain \_\_\_\_\_\_\_\_\_\_\_ by pumping more blood.