

Muscular System Foldable Information

2 Types of Muscle Action

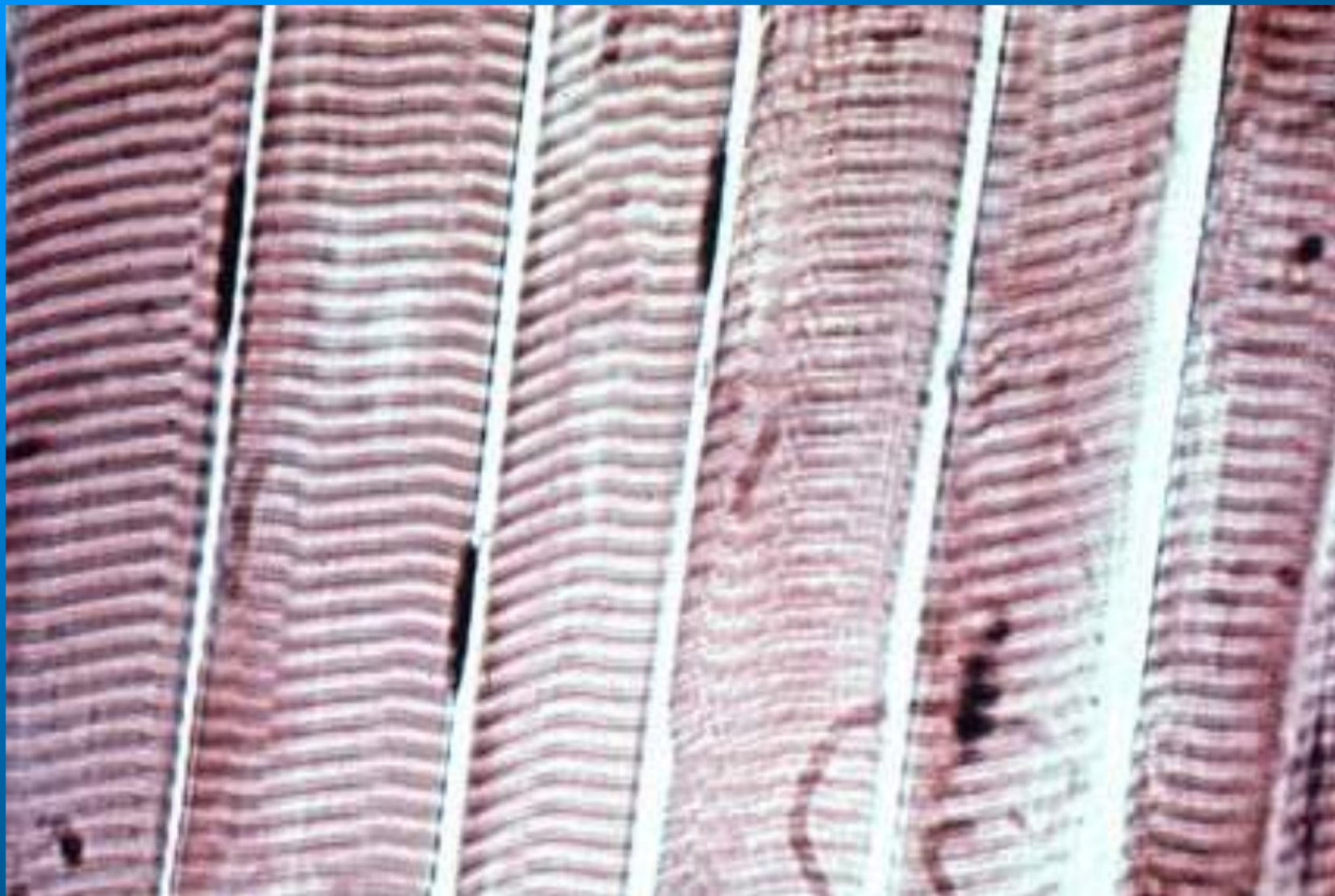
1. Voluntary-under your control

2. Involuntary-not under your conscious control

3 Types of Muscle Tissue

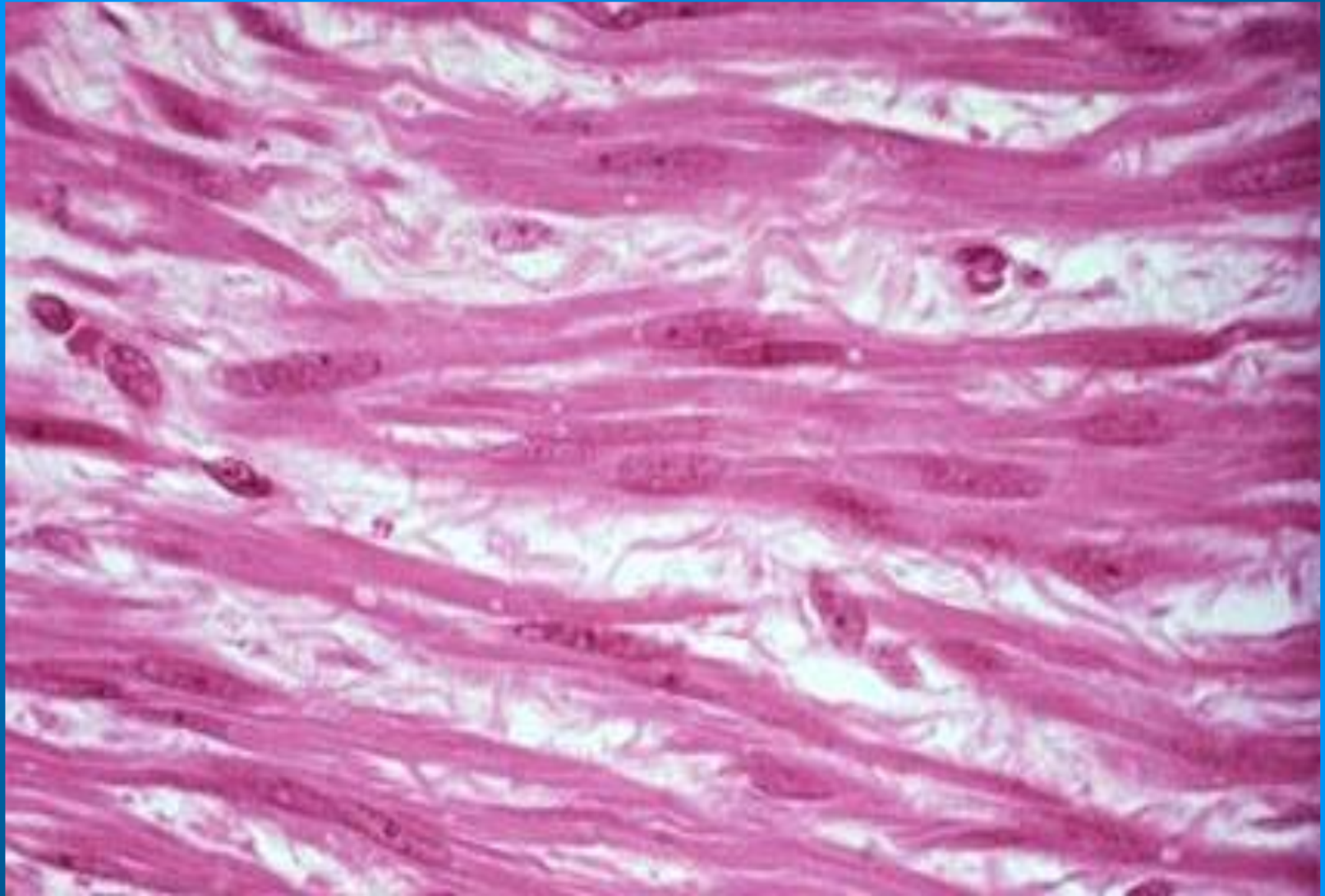
1. Skeletal- attached to the bones.

- Connect to bone by connective tissue called tendons.
- Sometimes called *striated* (has bands)
- Voluntary muscle (you have control)
- Tires very quickly



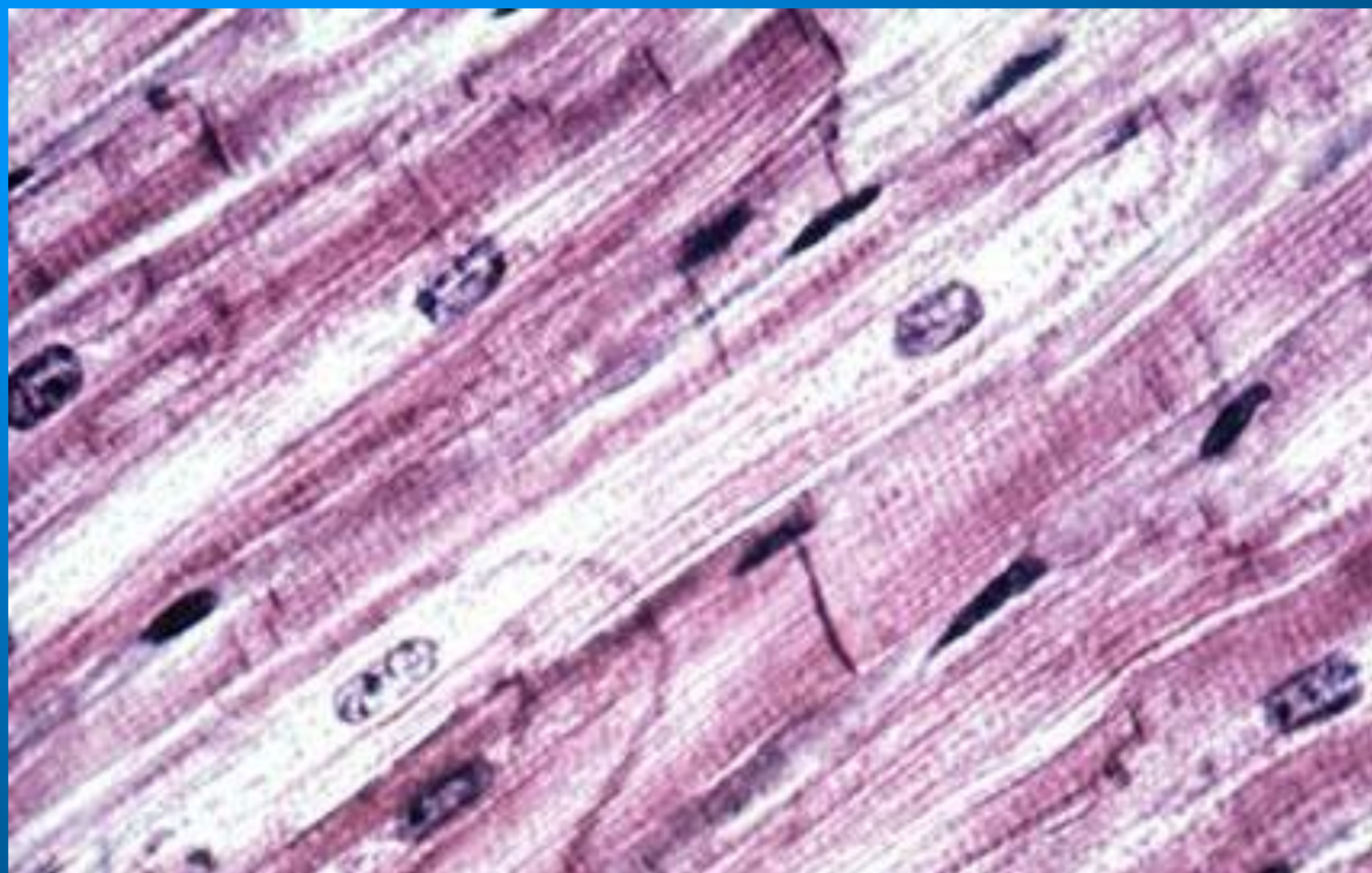
1. Smooth Muscle-inside internal organs

- Involuntary (you do not have control)
- react slowly and tire slowly



1. Cardiac Muscle - found ONLY in the heart

- Involuntary
- Striated (has bands)
- does not tire easily



How Muscles Work

***Muscle can only contract, not extend, and skeletal muscles must function in pairs.

***While one muscle contracts, the other muscle in the pair returns to its original length.

Muscle Types Diagram

A. Cardiac Muscle

B. Smooth Muscle

C. Skeletal Muscle