

The Muscular System

100,000 skeletal muscles; 8.5% body weight (180 lbs)
Leads to obesity

Body Composition

The Muscular System

The main function of the muscular system is movement. This includes walking, breathing, pumping the heart, contracting facial muscles, your digestive tract, just to name a few examples. Skeletal muscles are striated and they contract, helping to maintain a consistently temperature. Skeletal muscle makes up nearly half of an individual's bodyweight. Skeletal muscles are individual segments up of muscle fibers, myofibrils, sarcomeres, and composed of three fibers and three types of chemical tissue: skeletal, cardiac, and smooth.

Skeletal Muscles

Approximately 80% skeletal muscles are attached to bones by tendons.

Skeletal muscles contract voluntarily, meaning that you can control them.

Voluntary skeletal muscle cells appear to be tapered (cone) like structures. Smooth muscle are called rhabdomyocytes. Most skeletal muscles are attached to two bones over a joint. When they contract, they pull the attachments points closer to one another.

Tendons are made up of extremely tough collagen fibers in the form of dense regular connective tissue. They attach to skeletal muscle fibers, connect them and are important to bones as well. Tendons must handle a great degree of strain when it contracts. When laboratory skeletal muscles and their tendons are tested, length, weight, and moisture are important. The location in the body where the muscle is found, the origin, the insertion, the muscle's function, its attachment, bones, and the insertion is the point where the muscle connects to moving bones.



Cardiac Muscle

Cardiac muscle is only found in the heart and continuously contracts and relaxing to pump blood through the blood vessels of the body. Cardiac muscle contracts involuntarily, meaning that a person cannot control when they contract. The heart has to work constantly that requires the contraction of cardiac muscle. Cardiac muscle tissue is striated skeletal muscle, but they have some cells called intercalated disks. These disks are made of gap junctions, which allow for rapid electrical coupling between cardiac muscle cells to maintain a great amount of pressure and force even as individual fibers.

Smooth Muscle

Smooth muscle also known as involuntary muscle is the muscle of the internal organs and is found within organs. Smooth muscles also contract involuntarily. They are found lining blood vessels, the gastrointestinal tract, and the bladder. When smooth muscle contracts it makes substances, such as blood flow, flow through the organs.

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