



# THE MUSCULAR SYSTEM

Muscles, the specialized tissues that facilitate body movement, make up about 40% of body weight. Most body muscle is the voluntary type, called skeletal muscle because it is attached to the bony skeleton. Skeletal muscle contributes to body contours and shape, and it composes the organ system called the muscular system. These muscles allow you to grin, frown, run, swim, shake hands, swing a hammer, and to otherwise manipulate your environment. The balance of body muscle is smooth and cardiac muscles, which form the bulk of the walls of hollow organs and the heart. Smooth and cardiac muscles are involved in the transport of materials within the body.

Study activities in this chapter deal with microscopic and gross structure of muscle, identification of voluntary muscles, body movements, and important understandings of muscle physiology.

## OVERVIEW OF MUSCLE TISSUES

1. Nine characteristics of muscle tissue are listed below and on page 104. Identify the muscle tissue type described by choosing the correct response(s) from the key choices. Enter the appropriate term(s) or letter(s) of the key choice in the answer blank.

### *Key Choices*

A. Cardiac

B. Smooth

C. Skeletal

- |       |  |
|-------|--|
| _____ | 1. Involuntary                                   |
| _____ | 2. Banded appearance                             |
| _____ | 3. Longitudinally and circularly arranged layers |
| _____ | 4. Dense connective tissue packaging             |
| _____ | 5. Figure-8 packaging of the cells               |
| _____ | 6. Coordinated activity to act as a pump         |



# The Muscular System Chapter Coloring Workbook

**RJ Shavelson**



## **The Muscular System Chapter Coloring Workbook:**

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Kinesiology - E-Book Joseph E. Muscolino, 2022-12-08 Gain the knowledge and skills you need to provide soft tissue therapy Kinesiology The Skeletal System and Muscle Function 4th Edition provides a complete guide to the art and science of musculoskeletal anatomy movement and dysfunction treatment With more than 1 200 full color illustrations the book shows the body's bones and joints and how muscles function as movers antagonists and stabilizers Part I covers the fundamentals of structure and motion Part II covers the skeletal system including skeletal and fascial tissues Part III contains a detailed study of the joints of the body And finally Part IV examines how muscles function Written by noted lecturer and educator Joseph Muscolino this text includes access to an Evolve website with 150 video clips demonstrating major joint actions of the body as well as muscle palpation Complete atlas of bones bony landmarks and joints includes hundreds of full color illustrations providing comprehensive coverage of bones not found in other kinesiology books Clear straightforward explanations of kinesiology concepts cover muscle contraction's coordination of muscles with movement core stabilization posture exercise reflexes and how the nervous system controls and directs the muscular system Coverage of strengthening exercises and stretching emphasizes the purposes and benefits of stretching and how to perform various stretching techniques Information on posture and the gait cycle includes illustrations of all of the muscles of the human body organized by function Clinical applications challenge students to apply kinesiology concepts to clinical practice Light bulb and Spotlight boxes discuss

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**A Text-book of Medicine** Georges Dieulafoy,1912

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