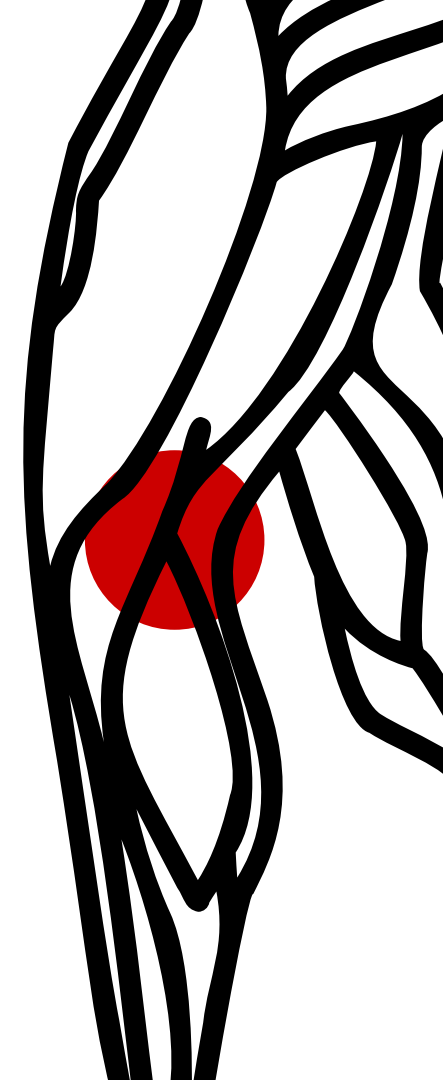


**Try this
out!**

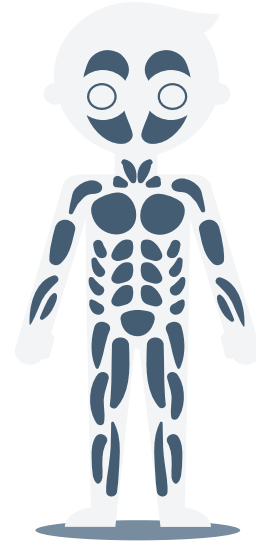
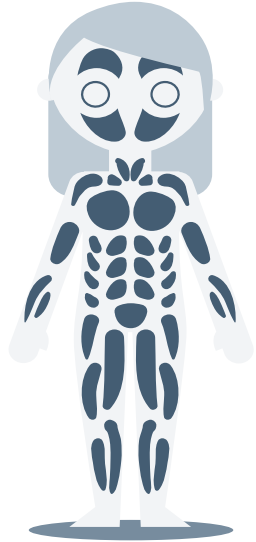


I can't believe how long it has been since we exercised! You all ready to pick up where we left off?

Listen... about that...

We forgot how to do that.

Muscular System





Function of the Muscular System

1.

Produce
movement

2.

Keep body
temperature the
same

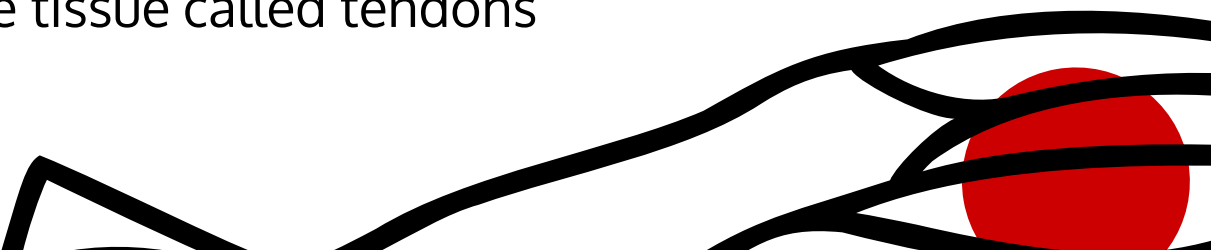
3.

Maintain
posture






1. Produce Movement

- Muscles are made up of individual cells called muscle fibers - contract and relax
 - Works in pairs - one contracts, one relaxes
 - Muscles are attached to bones by stretchy connective tissue called tendons
- 




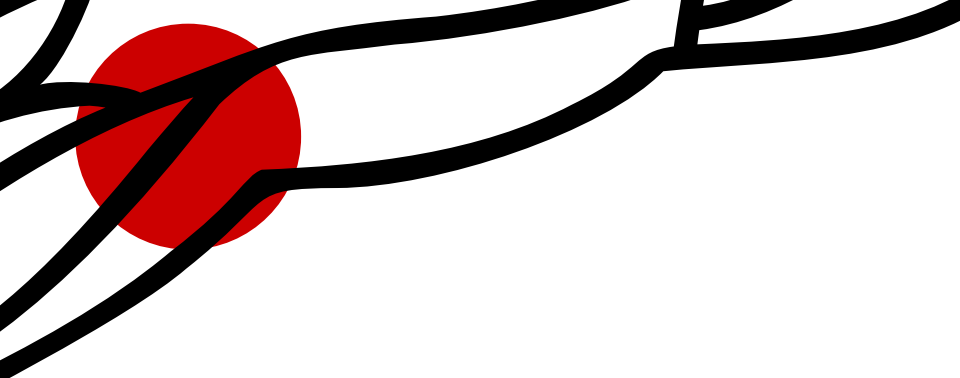
2. Keep Body Temp the Same

- Homeostasis - the balance of body conditions
 - When muscles contract, they release heat (Ex: shivering produces heat)
- 



3. Maintain Posture

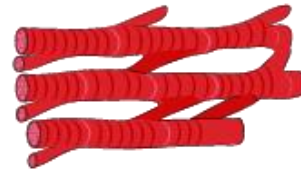
- Most are always a bit contracted to make you stand up straight
 - Only relax when you are unconscious
 - Muscles make adjustments to keep you standing up straight
- 



**So what types
of muscles do
we have?**



Skeletal muscle



Cardiac muscle



Smooth muscle

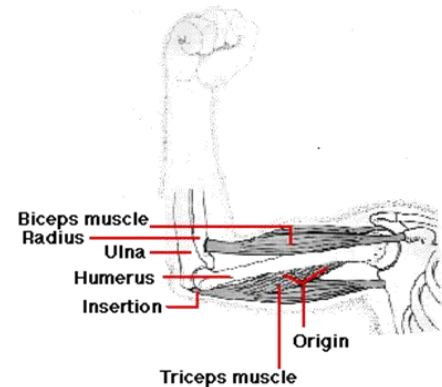
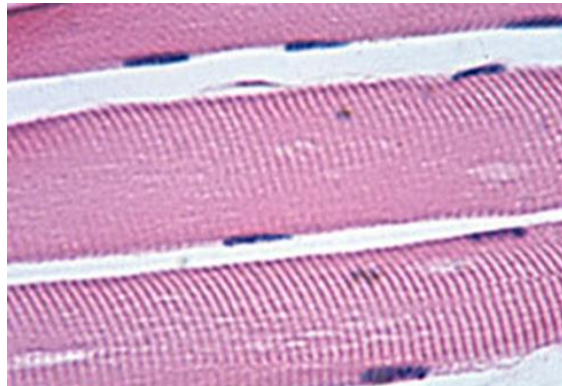


Human Body Systems

System	Structure (organs or parts)	Function (what each organ or part do)
Digestive		
Excretory		
Circulatory		
Integumentary		
Skeletal		
Nervous		
Respiratory		
Musculary		

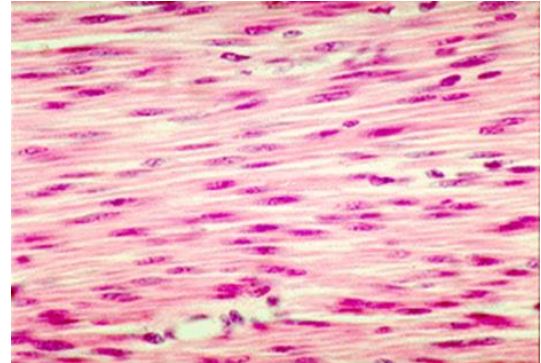
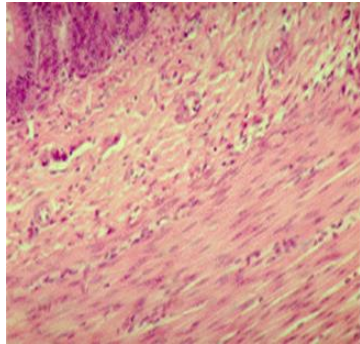
Skeletal

- Muscles that are attached to our skeleton
- Perform voluntary movement (movement you choose to make)



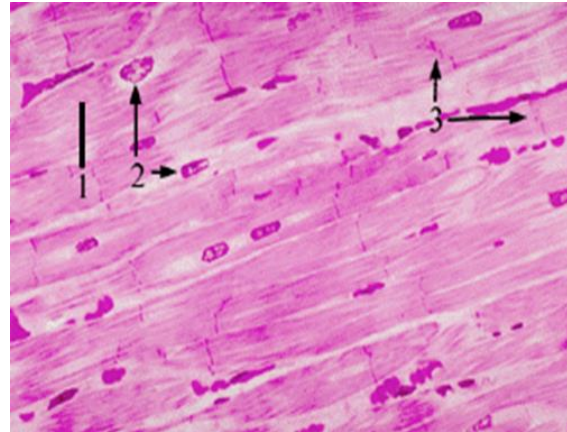
Smooth

- Found inside organs such as the intestines and stomach
- Perform involuntary movement (push food along the system)



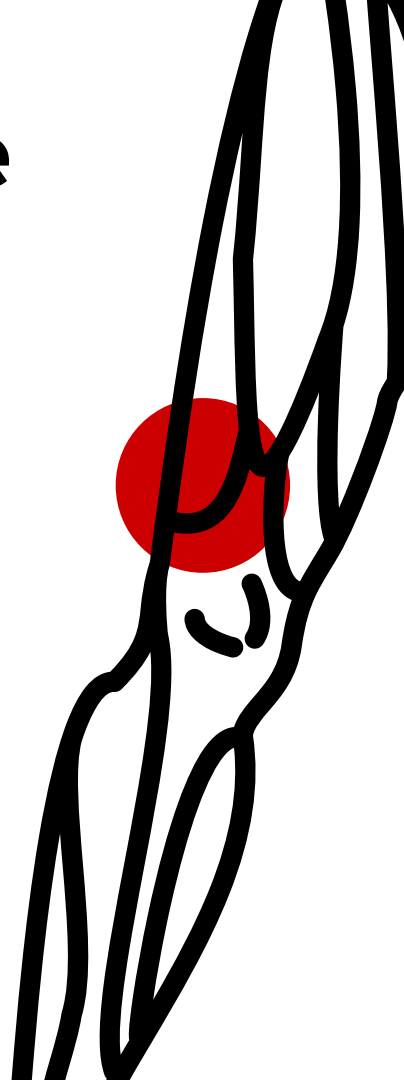
Cardiac

- Heart muscles
- Perform involuntary movement
- Contracts slowly



Allowing Bones to Move

- Skeletal muscles are attached to bones by strong tissues called **tendons**
- Tendons on the end of each muscle attach firmly to the bone
- As fibers in muscles contract, they shorten and pull the tendon. The tendon pulls the bone and makes it move



Try This

Place your left arm, stretched out flat in front of you on a table.

Place the fingers of your right hand just above your left elbow.

**Bend your elbow and raise and lower your left arm.
You are contracting your biceps.**

Can you feel the muscle pull on the tendon?

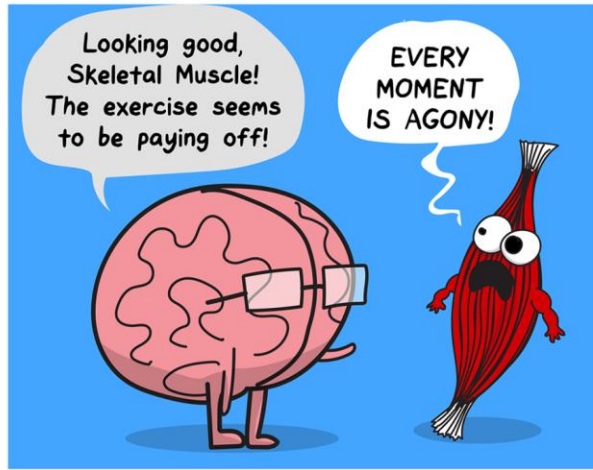


**Explore
More!**

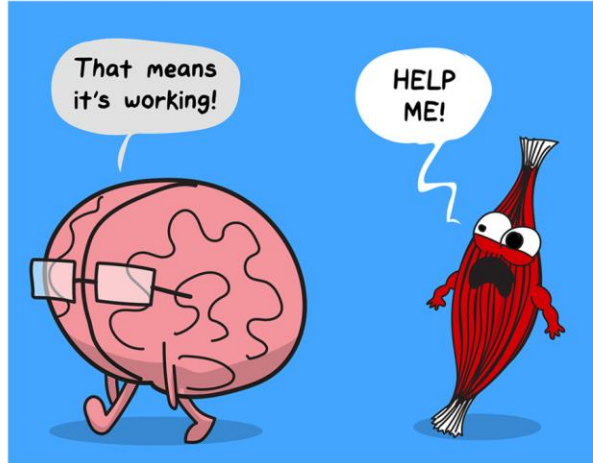




**What did
you learn?**



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