

Muscular System Tour

Name _____ Hour _____

Answer these questions by reading the following pages

Muscular System

There are more than _____ muscles in the Human Body!!!

Muscles are:

Needed for _____

Needed for _____

Needed for _____

Needed for _____

Needed for _____

Skeletal Muscle

↓ Move your bones.

↓ Voluntary (_____)

↓ Over _____

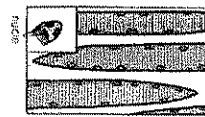
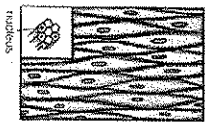
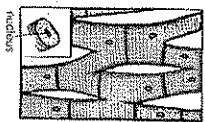
↓ Long _____

↓ Stripes _____

Did you see cardiac muscle under the microscope?

3 Types of Muscle

Identify the three types of muscle from the diagram:



Muscle _____

Muscle _____

Muscle _____

Cardiac Muscle

↓ The muscle of the heart.

↓ Involuntary (_____)

↓ Works _____

↓ Strongest _____

↓ Only _____

↓ Some _____

Did you see cardiac muscle under the microscope?

Smooth Muscle

↓ The muscle of _____

↓ Involuntary (_____)

↓ Contract _____

↓ Can remain _____

↓ Usually _____

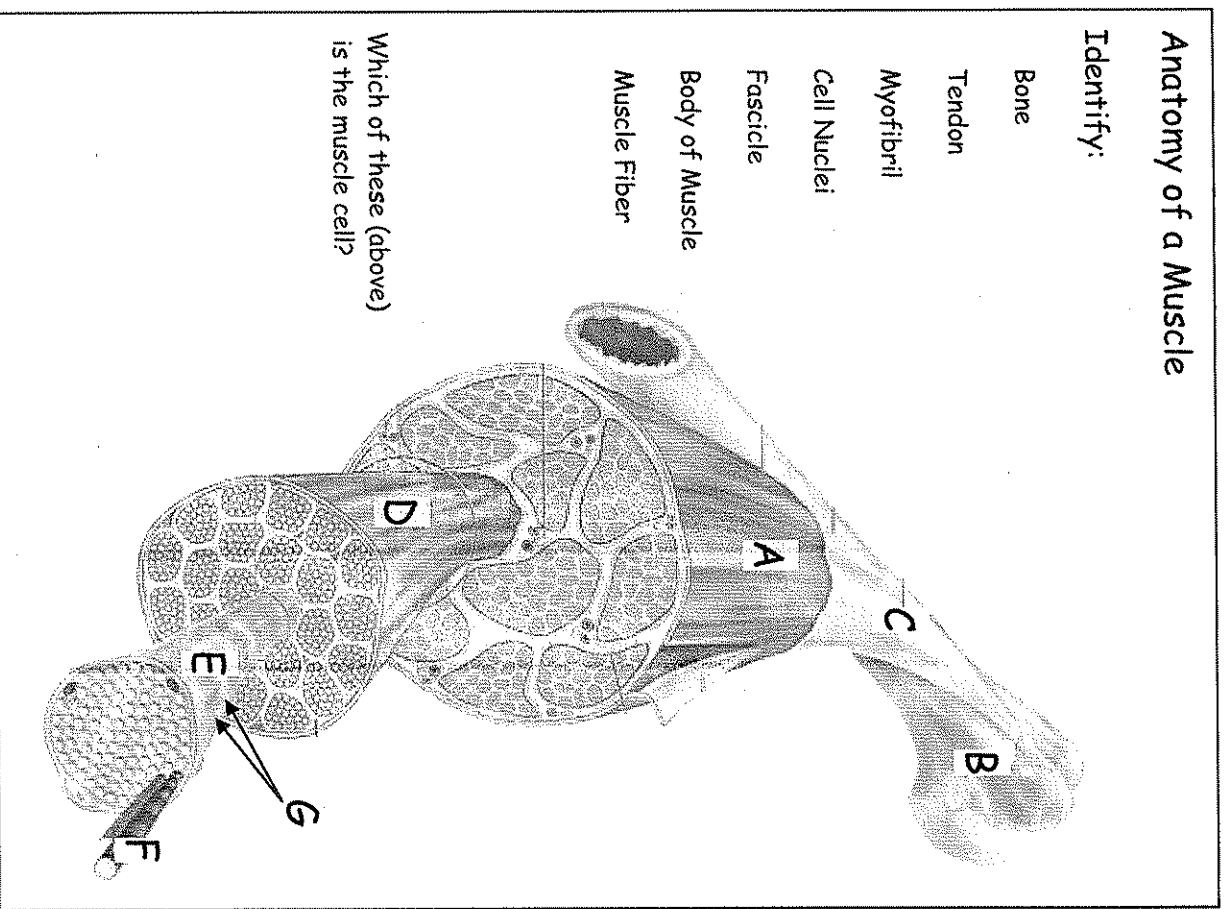
↓ No stripes (striations)

Anatomy of a Muscle

Identify:

- Bone
- Tendon
- Myofibril
- Cell Nuclei
- Fascicle
- Body of Muscle
- Muscle Fiber

Which of these (above) is the muscle cell?

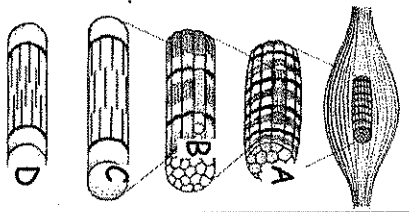


How a Muscle Works

- ↓ A skeletal muscle works by _____
- ↓ The muscle can shorten as much as _____
- ↓ Each muscle cell is made up of smaller _____
- ↓ The _____ are in contact with a nerve ending.
- ↓ The nerve releases a chemical called a _____.
- ↓ The _____ stimulates the entire muscle to contract.

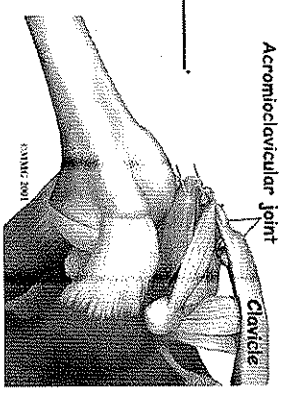
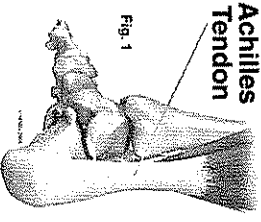
Identify:

- Fascicle
- Muscle Cell
- Myofibril Relaxed
- Myofibril Contracted



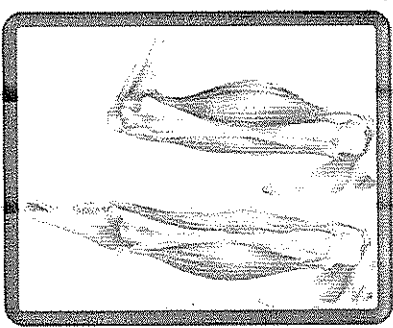
Muscle to Tendon to Bone

Tendons attach _____ to _____

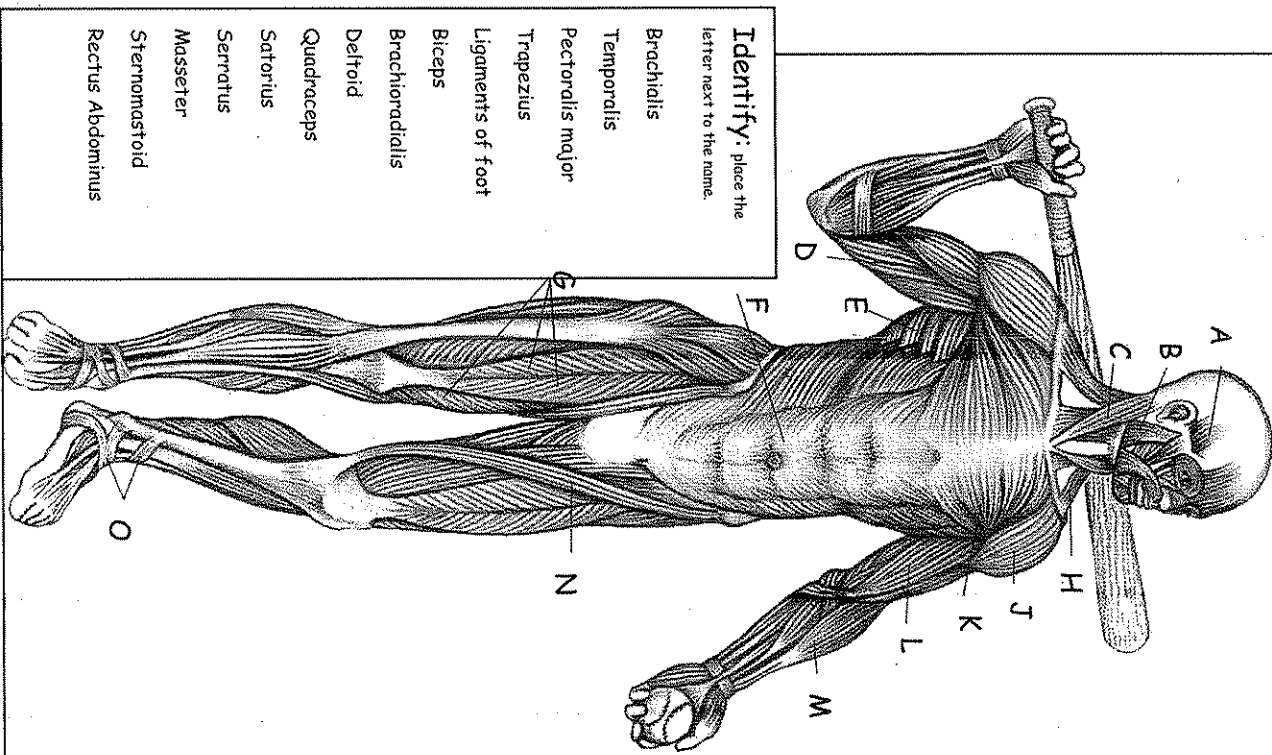


Opposites Contract ... and relax

- ↓ Muscles work in _____.
- ↓ While one muscle in the pair contracts the other must _____.



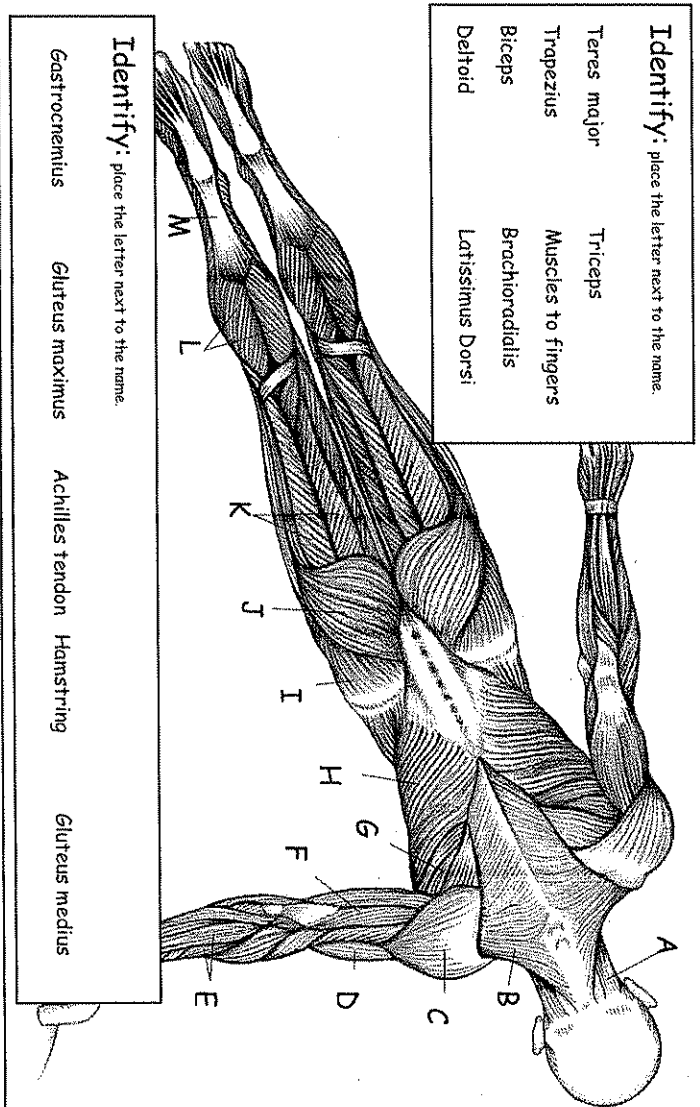
The Muscles ... a front view



Identify: place the letter next to the name.

- Brachialis
- Temporialis
- Pectoralis major
- Trapezius
- Ligaments of foot
- Biceps
- Brachioradialis
- Deltoid
- Quadriceps
- Sartorius
- Serratus
- Masseter
- Sternomastoid
- Rectus Abdominus

The Muscles ... a back view



Identify: place the letter next to the name.

- Teres major
- Trapezius
- Biceps
- Deltoid
- Triceps
- Muscles to fingers
- Brachioradialis
- Lattissimus Dorsi

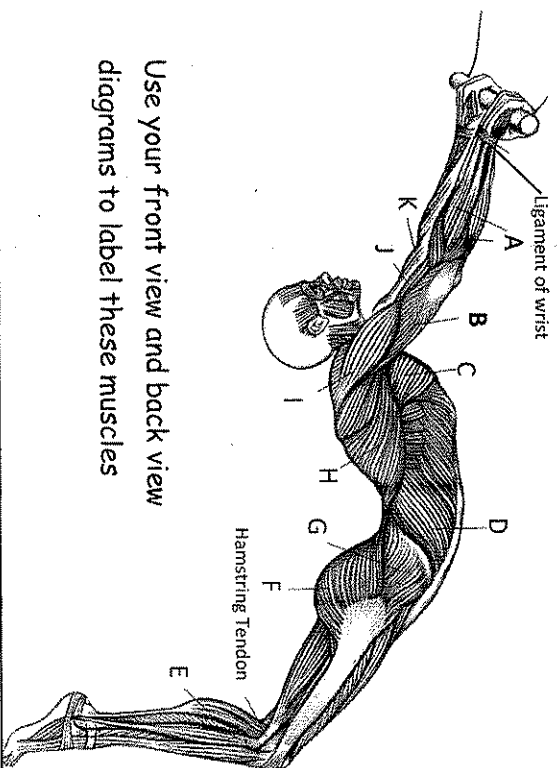
Identify: place the letter next to the name.

- Gastrocnemius
- Gluteus maximus
- Achilles tendon
- Hamstring
- Gluteus medius

Label: place the letter next to the name.

- Gluteus maximus
- Lattissimus dorsi
- Pectoralis major
- Gastrocnemius
- Muscles to fingers
- Triceps
- Brachioradialis
- Deltoid
- Biceps
- Exterior oblique
- Gluteus medius

Use your front view and back view diagrams to label these muscles



Ligament of wrist

Hamstring Tendon

