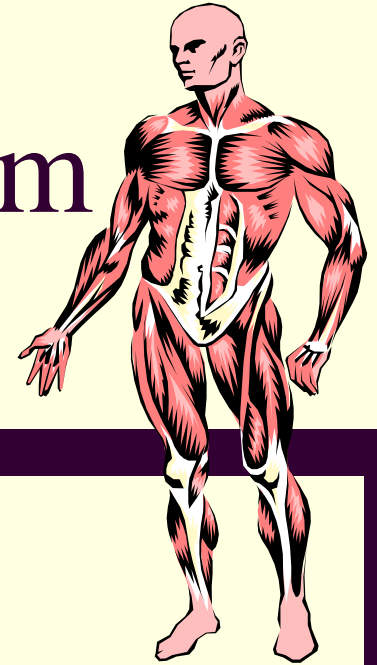


My Muscular System



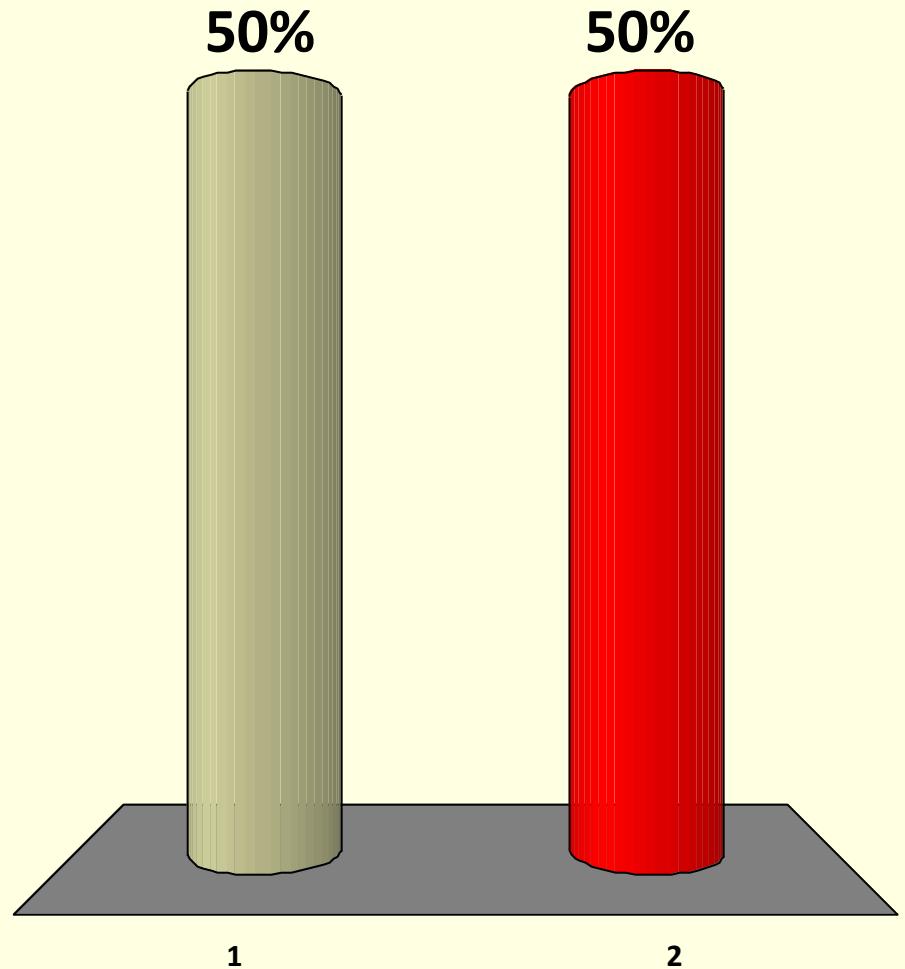
My muscles move my body
like strings move a puppet.

The muscular system is made up of...

**muscles
and
tendons**

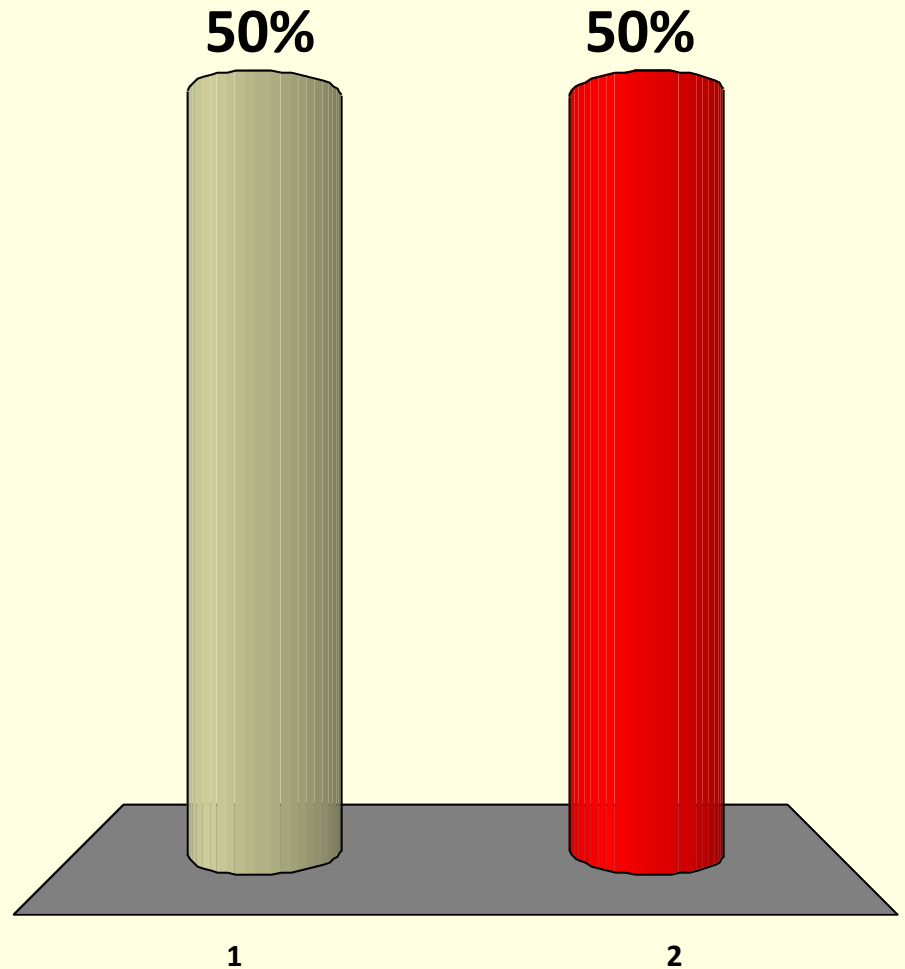
You have over 600 muscles that move your body?

1. True
2. False



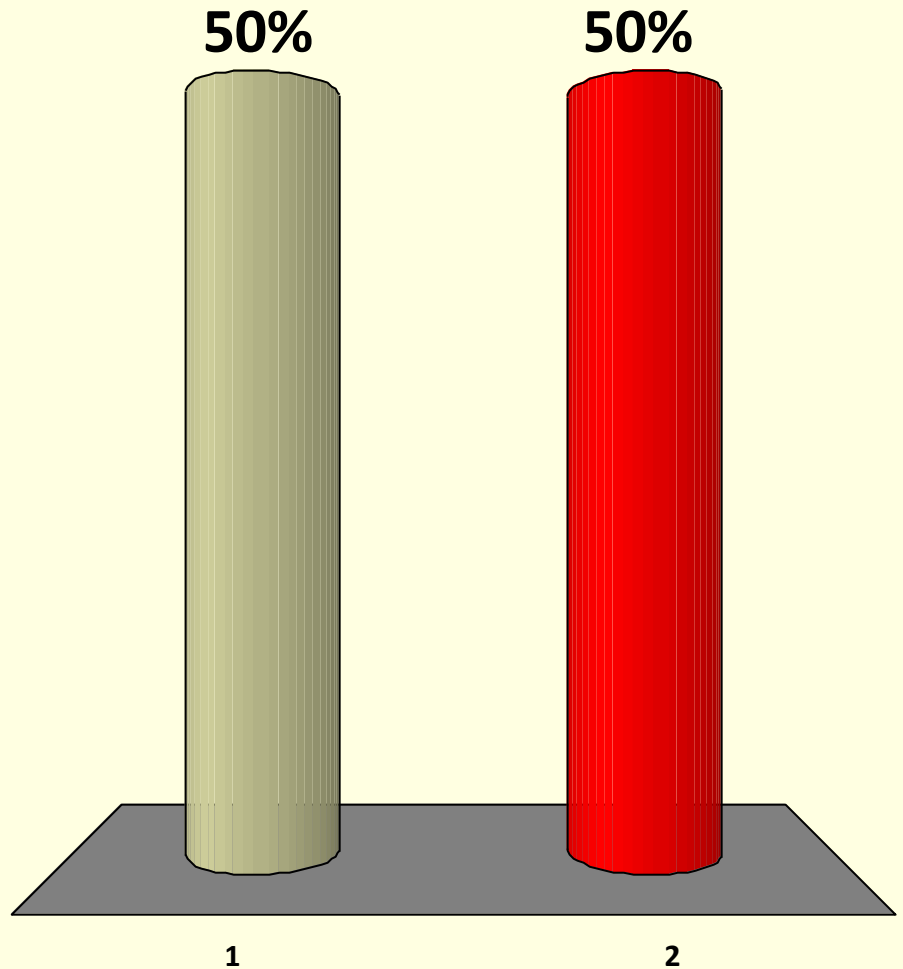
Your muscles make up about 20% of your body weight?

1. True
2. False



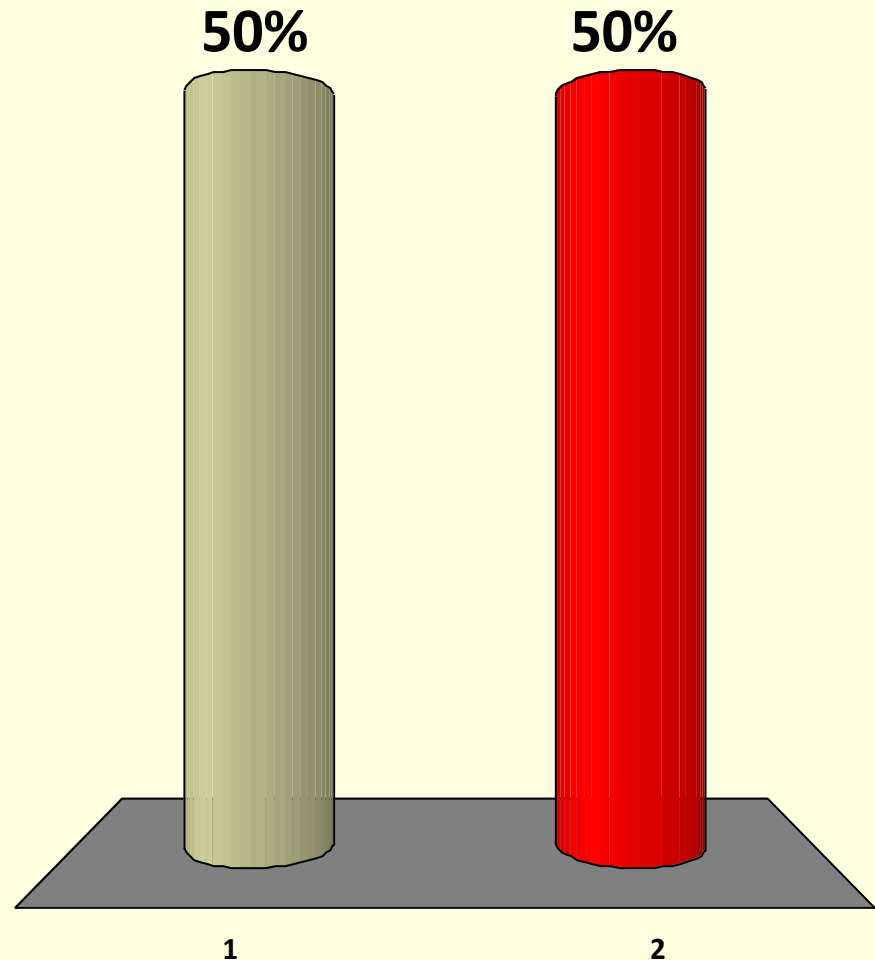
Skeletal muscles work in pairs?

1. True
2. False



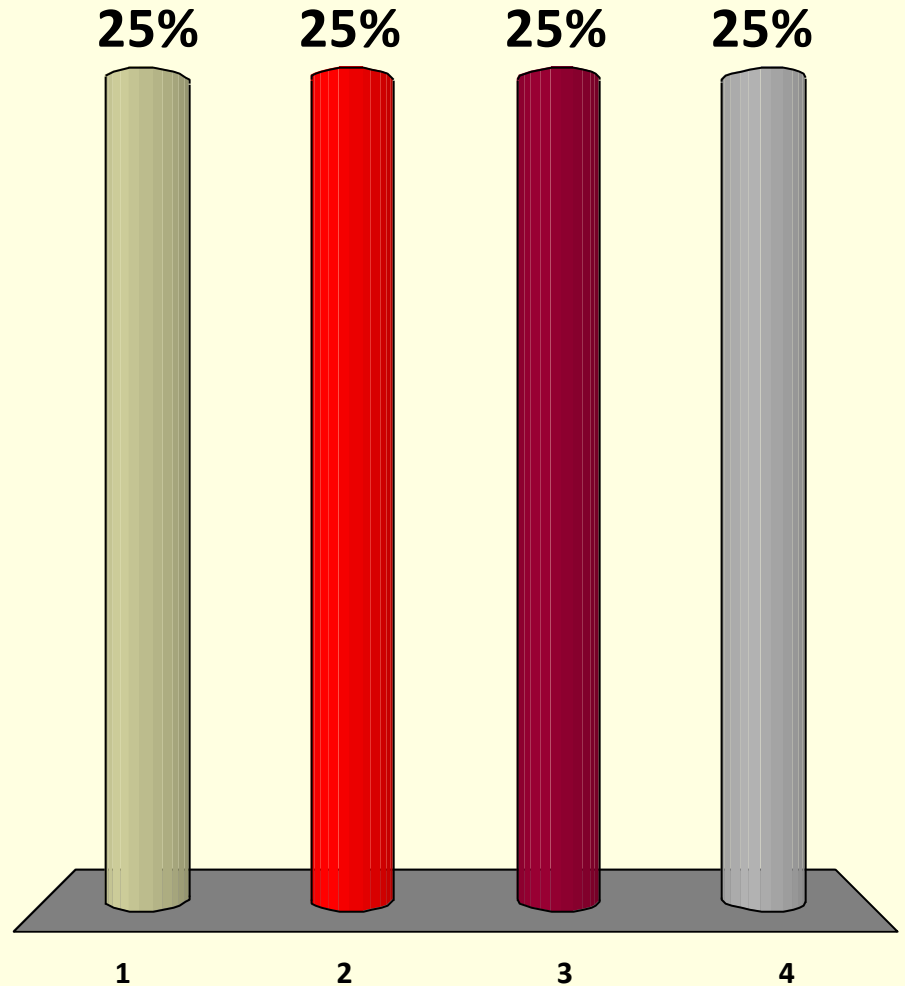
You have over 30 facial muscles?

1. Yes
2. No



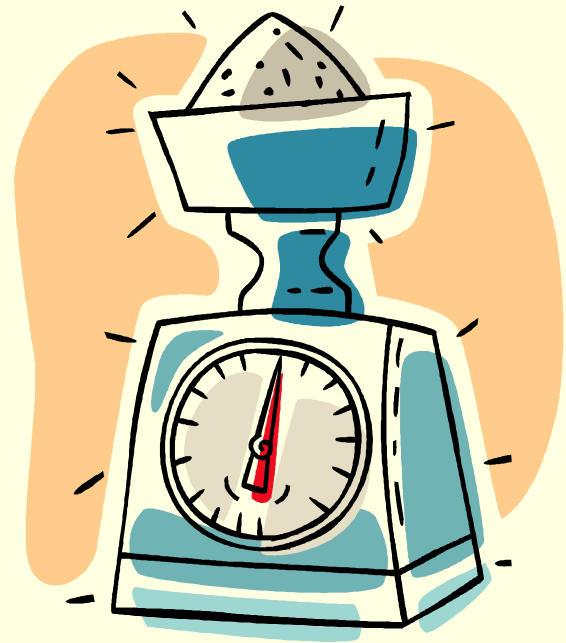
Which is the largest muscle in the body?

1. Arrector pili
2. Gluteus maximus
3. Deltoid
4. Trapezius



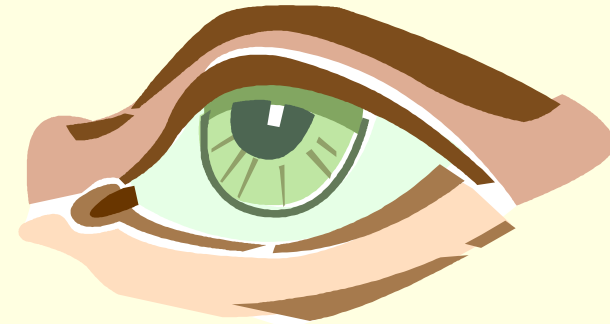
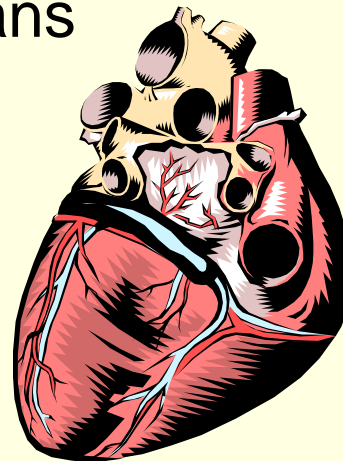
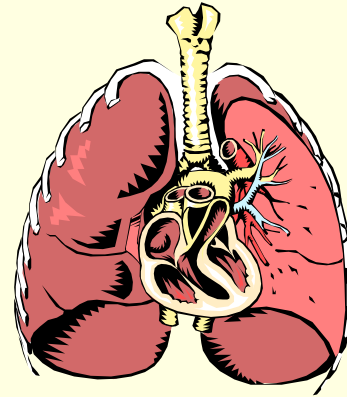
How many muscles do I have?

- I have about 650 muscles in my body.
- My muscles make up half of my body weight. (40-50%)
- ??? How much do your muscles weigh?



My muscles are important because they...

- Hold my organs in place
- Make bones move
- Pump my blood
- Support the body
- Help maintain body temperature
- Protect internal organs



Did you know?????

It takes more
muscles to
frown
than to
smile?



There are 3 types of muscles

- Smooth Muscles- Which include the muscles of internal organs and blood vessels. These muscles move involuntary.
- Cardiac Muscle- Found only in the heart and also involuntary.
- Skeletal Muscles- Are voluntary and help you move.

Muscle Movement

- Involuntary- Automatically move without you knowing.
- Voluntary- Brain sends message to muscle. You control the movements.

Why do I need tendons?

Tendons attach my muscles to my bone helping my body move.



Feel your tendon right above your heel in the back of your leg.

This is the thickest tendon in your body.

Types of Muscle Movements

- Flexion- Movement that reduces a joint angle
- Extension- A movement that increases a joint angle

