

Bones, Muscles, and Skin ▪ *Guided Reading and Study*

The Muscular System

This section tells about the three kinds of muscle tissue in the human body, how muscles work to move the body, and how to care for your muscles.

Use Target Reading Skills

Preview the figure Types of Muscle. Then, in the graphic organizer below, write two questions that you have about the diagram. As you read, answer your questions.

Q. How does skeletal muscle help my body move?
A.
Q.
A.

Types of Muscle

- List the two groups of muscles in the body and describe how they are controlled.
 - _____
 - _____
- Circle the letter of the action that is controlled by involuntary muscles.
 - smiling
 - breathing
 - walking
 - standing up

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The Muscular System *(continued)*

3. Complete the table to compare and contrast the three types of muscle tissue in the body.

Types of Muscles			
Muscles	Location in Body	Voluntary or Involuntary	Striated or Not
Skeletal			
	Inside many internal organs		
Cardiac			

4. A strong connective tissue that attaches muscles to bone is a(n) _____.
5. Is the following sentence true or false? Skeletal muscles react quickly and tire easily. _____
6. The repeated contractions of cardiac muscle are called _____.

Muscles at Work

7. When do muscles contract, or become shorter and thicker?

8. Is the following sentence true or false? Muscle cells can extend, or get longer, as well as contract, or get shorter. _____
9. Why must skeletal muscles work in pairs to move a bone?

10. To bend the elbow, the biceps muscle _____ and the triceps muscle returns to its _____.