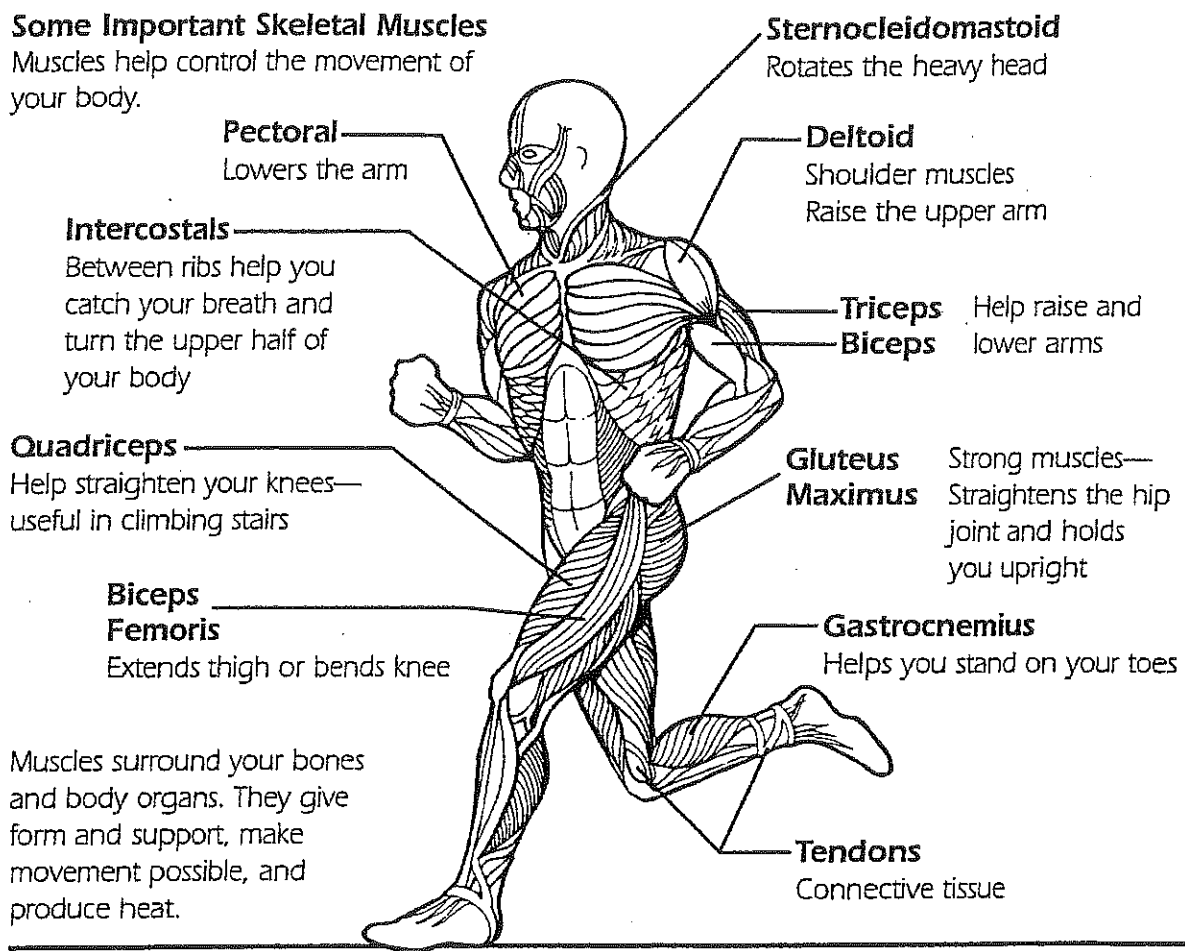


**BODY SYSTEMS**

**MUSCULAR SYSTEM**

**Some Important Skeletal Muscles**

Muscles help control the movement of your body.



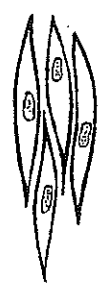
Muscles surround your bones and body organs. They give form and support, make movement possible, and produce heat.

**Three Kinds of Muscles**



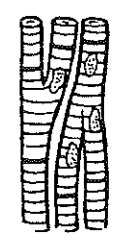
**Skeletal—Voluntary**  
Move skeleton

- Example:
- triceps      gastrocnemius
  - biceps      tongue
  - quadriceps      pectorals



**Smooth—Involuntary**  
Move internal organs

- Example:
- diaphragm      stomach
  - esophagus      blood vessels



**Cardiac—Automatic**

heart

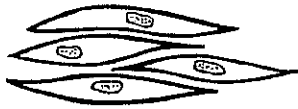
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**BODY SYSTEMS**

**THREE KINDS OF MUSCLES**

Write A, B, or C on the blanks to show the correct muscle type.

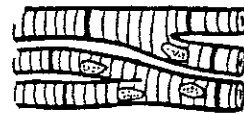
**A. Smooth**



**B. Skeletal**

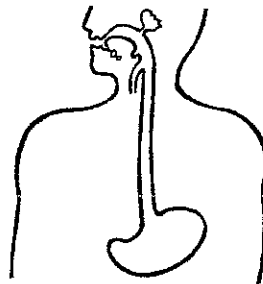


**C. Cardiac**



1. Bicep \_\_\_\_\_

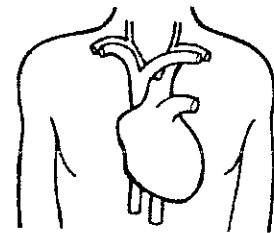
2. Tricep \_\_\_\_\_



4. Tongue \_\_\_\_\_

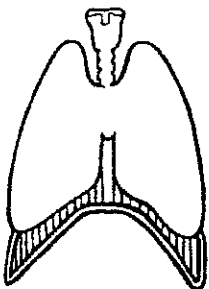
5. Esophagus \_\_\_\_\_

6. Stomach \_\_\_\_\_

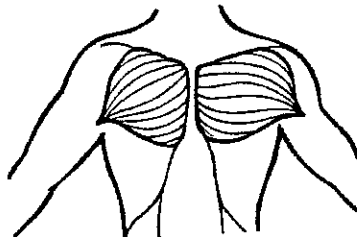


8. Heart \_\_\_\_\_

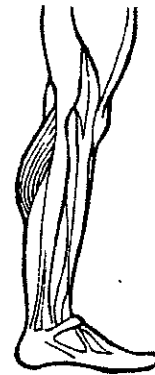
9. Blood Vessels \_\_\_\_\_



3. Diaphragm \_\_\_\_\_



7. Pectorals \_\_\_\_\_



10. Quadriceps \_\_\_\_\_

11. Gastrocnemius \_\_\_\_\_

12. Sternocleidomastoid  
(neck muscles) \_\_\_\_\_

**BODY SYSTEMS**

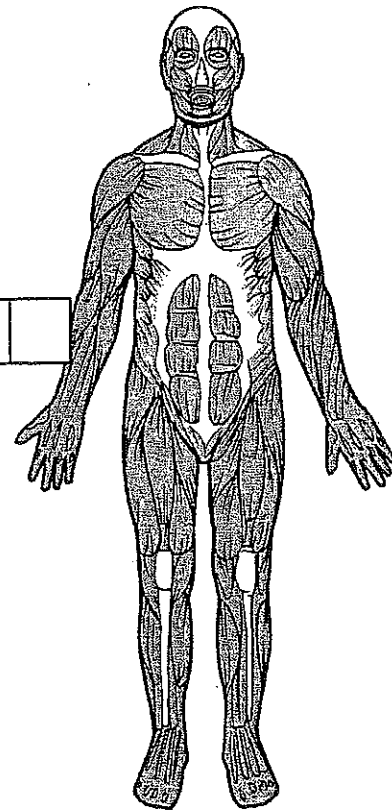
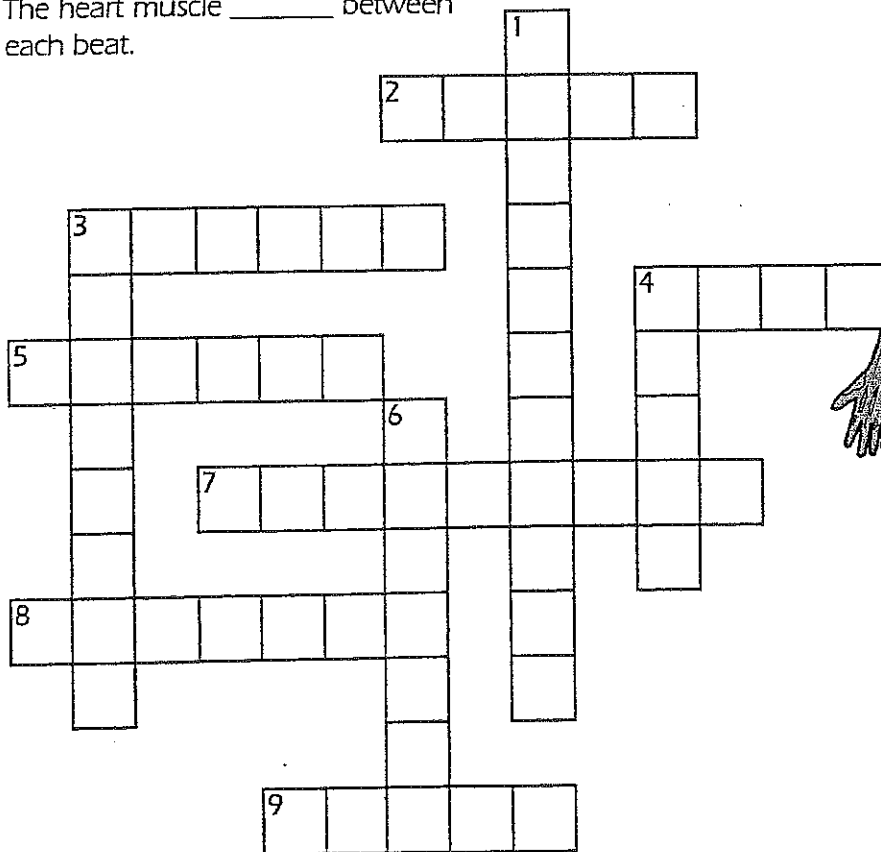
**MUSCLE PUZZLE**

**ACROSS**

- 2. Muscles surround your \_\_\_\_\_ and body organs.
- 3. This type of muscle tissue moves internal organs.
- 4. Muscles, when moving, produce body \_\_\_\_\_.
- 5. Connective tissue of muscles
- 7. You control the movement of these muscles.
- 8. \_\_\_\_\_ muscle tissue moves the heart.
- 9. The heart muscle \_\_\_\_\_ between each beat.

**DOWN**

- 1. Muscles that move and work without our control
- 3. This muscle tissue moves the skeleton.
- 4. Cardiac muscle controls the \_\_\_\_\_.
- 6. Biceps, triceps, and deltoids are all \_\_\_\_\_.



Use reference sources to find out and explain why you shiver when you are cold.

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# BODY SYSTEMS

## REVIEW

Name the main parts of each body system. Briefly explain the main function of each system.

1. **Respiratory** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. **Digestive** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. **Excretory** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. **Circulatory** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. **Nervous** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. **Skeletal** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. **Muscular** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

