

Muscular System Tour Lab

Name _____ Hour _____

Muscular System

There are more than _____ muscles in the Human Body!

Muscles are:

Needed for _____

Needed for _____

Needed for _____

Needed for _____

Cardiac Muscle

1. The muscle of the heart.

2. Involuntary (_____)

3. Works _____

4. Strongest _____ Draw the cardiac muscle on high power.

5. Only _____

6. Some _____

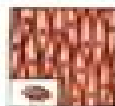
A.D.A.M. Video clip: Exercise

1. Weightlifting, pushups, and sprinting are forms of _____ exercise? (circle one)

2. Muscles fatigue (get tired) fastest with _____ exercise? (circle one)

3 Types of Muscle

Identify the three types of muscle from the diagram:



Muscle

Muscle

Muscle

Smooth Muscle

1. The muscle of _____

2. Involuntary (_____)

3. Contract _____

4. Can remain _____

5. Usually _____

6. No stripes (striations)

A.D.A.M. Video clip: Exercise

Type of Muscle	Where Found	Voluntary / Involuntary
	Walls of body organs (stomach and intestines)	
cardiac		
	Attached to bones	

Skeletal Muscle

1. Move your bones.

2. Voluntary (_____)

3. Over _____

4. Long _____

5. Stripes _____

Draw the skeletal muscle on high power. Label striations.

Anatomy of a Muscle

Label:

Bone

Tendon

Myofibril

Cell Nuclei

Fascicle

Body of Muscle

Muscle Fiber

Which of these (above) is the muscle cell?

A.D.A.M. Video clip: Skeletal Muscle

1. Which is larger, a muscle fascicle or a muscle fiber?

2. Which is larger, a muscle fiber or a myofibril?

How a Muscle Works

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

Label the parts of the diagram.



Muscle to Tendon to Bone

Tendons attach _____ to _____



Label the two diagrams:
Ligament, Tendon, Bone



Opposites Contract ... and relax

1. Muscles work in _____
2. While one muscle in the pair contracts, the other must _____

Label all parts of the diagram.



Muscle Fatigue ... Weight Lifting

How long did you hold the book before fatigue got the better of you?
_____ minutes _____ seconds

Which arm felt the fatigue the most? (straight out or by your side)

Which muscles experienced the most fatigue? (circle one)
a) biceps b) triceps c) deltoids d) pectoralis major

Hint: you may want to check the stations with the labeled muscles.

Muscle Fatigue ... Too Tired to Sit

How long did you sit before your legs started to burn like crazy?

Muscle Fatigue ... To Beat or Not to Beat

How is your heart (cardiac) muscle different from your arm (skeletal)?

Muscular System Escience Labs Answers

Michael Rajnik



Muscular System Escience Labs Answers:

Cumulated Index Medicus ,1973 *Index Medicus* ,2001 **Science Citation Index** ,1992 Vols for 1964 have guides and journal lists *The United States Catalog* ,1928 **The United States Catalog** Mary Burnham,Carol Hurd,1928 **The Muscular System Manual** Joseph E. Muscolino,2002 [Cells, Skeletal & Muscular Systems: The Muscular System - Muscles Gr. 5-8](#) Susan Lang,2015-09-01 This is the chapter slice The Muscular System Muscles from the full lesson plan Cells Skeletal Muscular Systems What do cells bones and muscles have in common They are all part of the human body of course Our resource takes you through a fascinating study of the human body with current information written for remedial students in grades 5 to 8 We warm up with a look at the structures and functions of cells including specialized cells Next we examine how cells make up tissues organs and organ systems Then the eight major systems of the body are introduced including the circulatory respiratory nervous digestive excretory and reproductive systems Then on to an in depth study of both the muscular and skeletal systems Reading passages activities for before and after reading hands on activities test prep and color mini posters are all included All of our content is aligned to your State Standards and are written to Bloom s Taxonomy and STEM initiatives **The Muscular System** Cheryl Jakab,2008 *The Muscular System* Alvin Silverstein, Virginia B. Silverstein,1972 Describes the human muscular system and compares it to that of other animals [Muscles Our Muscular System](#) Seymour Simon,1998 *Muscular System* ,2000 **Cells, Skeletal & Muscular Systems: The Muscular System - Movement - Google Slides Gr. 5-8** Susan Lang,2022-10-20 This is a Google Slides version of the The Muscular System Movement chapter from the full lesson plan Cells Skeletal Muscular Systems Our resource takes you through a fascinating study of anatomy with current information Finally end this part of the journey with the muscular system Identify voluntary and involuntary muscle movement All of our content is reproducible and aligned to your State Standards and are written to Bloom s Taxonomy About GOOGLE SLIDES This resource is for Google Slides use Google Slides is free with a Google email account We recommend having Google Classroom in addition to Google Slides to optimize use of this resource This will allow you to easily give assignments to students with a click of a button This resource is comprised of interactive slides for students to complete activities right on their device It is ideal for distance learning as teachers can share the resource remotely with their students have them complete it and return where the teacher can mark it from any location What You Get An entire Google Slides presentation with reading passages comprehension questions and drag and drop activities that students can edit and send back to the teacher A start up manual including a Teacher Guide on how to use Google Slides for your classroom and an Answer Key to go along with the activities in the Google Slides document **The Muscular System** Silverstein,1994-09 [The Muscular System](#) Robert J. Brady Co. (Washington, D.C.),1968 *Cells, Skeletal & Muscular Systems: The Muscular System - Muscles - Google Slides Gr. 5-8* Susan Lang,2022-10-20 This is a Google Slides version of the The Muscular System Muscles chapter from the full lesson plan Cells Skeletal Muscular

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