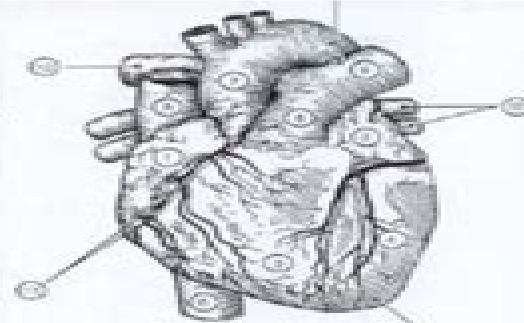# ❻ THE MUSCULAR SYSTEM

Key

Muscles, the specialized tissues that facilitate body movement, make up about 40% of body weight. Most body muscle is the voluntary type, called skeletal muscle because it is attached to the bony skeleton. Skeletal muscle constitutes to body contours and shape, and it composes the organ system called the muscular system. These muscles allow you to grin, frown, run, swim, shake hands, swing a hammer, and to otherwise manipulate your environment. The balance of body muscle is smooth and cardiac muscles, which form the bulk of the walls of hollow organs and the heart. Smooth and cardiac muscles are involved in the transport of materials within the body.

Study activities in this chapter deal with macroscopic and gross structure of muscle, identification of voluntary muscles, body movements, and important understandings of muscle physiology.

OVERVIEW OF MUSCLE TISSUES

1. Nine characteristics of muscle tissue are listed below and on page 104. Identify the muscle tissue type described by choosing the correct response(s) from the key choices. Insert the appropriate term(s) or letter(s) of the key choice in the answer blank.

Key Choices

A. Cardiac   B. Smooth   C. Skeletal

A, B _____ 1. Involuntary

A, C _____ 2. Banded appearance

B _____ 3. Longitudinally and circularly arranged layers

C _____ 4. Dense connective tissue packaging

A _____ 5. Figure-8 packaging of the cells

A _____ 6. Coordinated activity to act as a pump

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