

## SECTION 1.3: THE MUSCULAR SYSTEM MAKES MOVEMENT POSSIBLE (pages B22-B27 & Brainpop.com)

### Muscles Perform Important Functions

Every \_\_\_\_\_ of your body occurs because of muscles. Some movement is under your control, some movement happens automatically.

#### Movement:

- **Muscular System** – The muscles of the body that, together with the \_\_\_\_\_ system, function to produce movement.
- Muscles are made of “muscle \_\_\_\_\_.”
- Muscles usually work in pairs. One side pulls (\_\_\_\_\_) while the other side relaxes. (Muscles do not push; they only \_\_\_\_\_.)

#### Maintaining Body Temperature:

- When muscles contract they release \_\_\_\_\_.
- \_\_\_\_\_ helps the body stay warm by releasing heat from muscles.

#### Maintaining Posture:

- Your muscles help you stand \_\_\_\_\_ even though gravity is pulling you down.

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### Your Body Has Different Types of Muscles

\_\_\_\_\_ Muscles – Muscles that allow you to make movements that you choose to make. (You can choose to run or pick up a book or wave your hand.)

\_\_\_\_\_ Muscles – Automatic “reflexes” that you do not control. (Examples: Blinking when you sneeze, your heart functions, muscles that move food through your intestines, etc.)

three different types of muscle: Skeletal, Smooth, Cardiac

**Skeletal Muscles** – Muscles that are attached to your \_\_\_\_\_.  
These are \_\_\_\_\_ muscles.

**Smooth Muscle** – Muscle that is inside some \_\_\_\_\_ (such as the intestines and stomach). These are \_\_\_\_\_ muscles.

**Cardiac Muscle** – Your \_\_\_\_\_. Muscles cause it to pump blood through your body. Your heart uses \_\_\_\_\_ muscles.

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## Skeletal Muscles and Tendons Allow Bones to Move

**Tendons** – Strong tissues that connect skeletal muscles to \_\_\_\_\_.

Muscles and tendons work together to allow your body to \_\_\_\_\_.

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## Muscles Grow and Heal

Muscles need to be \_\_\_\_\_ in order to keep them strong and healthy.

Newborn babies have muscles that are very \_\_\_\_\_, but their muscles get stronger as they use their body more and more.

Exercise can make your muscles grow \_\_\_\_\_, caused by faster \_\_\_\_\_ reproduction.

Sore muscles are caused by \_\_\_\_\_ that build up after too much exercise which causes damage to muscle fibers. This can also be caused by over-stretched or \_\_\_\_\_ muscle fibers. The body removes the injured cells and replaces them with healthy new ones.

