

Unit Muscular System

Main Idea	Supporting Details
1. What is the function of the muscular system?	1. The primary function of the muscular system is movement and flexibility. Somewhere in your body muscles are always moving, heart is beating and food is moving through the digestive tract.
2. What are the three kinds of muscles?	2. a. smooth muscle - found in the walls of your blood vessels and in the digestive tract b. cardiac muscle - found only in the heart c. skeletal muscles - attach to your bones for movement
3. What is voluntary muscle?	3. muscle action that is under our control
4. What is involuntary muscle?	4. muscle action that is not under our control ex. cardiac muscle
5. What are tendons?	5. tough connective tissue that attaches muscles to bones
6. What are flexors and extensors?	6. Skeletal muscles work in pairs. flexors - muscles that bend part of the body extensors - muscles that straighten part of the body ex. bicep - flexor, tricep - extensor
