December 4, 2013
Human Body Systems

Musculoskeletal Notes
(Taken from SMARTBoard Presentation Reviewed In Class)


Three Functions of the Skeletal System:

1. **Support**
2. **Protection**
3. **Movement**

Three Types of Muscles:

1. **Skeletal**
2. **Smooth**
3. **Cardiac**

Skeletal Muscles…

* Are attached to your bones
* Allow you to move and be active
* Are made stronger with exercise
* Can be controlled
* Allow you to decide when to move

Smooth Muscles…

* Are found in organs
* Operate automatically all the time (involuntary function)
* Your lungs and diaphragm move when you breathe because your brain sends signals to smooth muscles without you having to “think” about it.

Cardiac Muscles…

* Are only found in your heart
* Are extremely strong
* Work all the time
* Work involuntarily (without you thinking about it)

**M**ovement

**U**nique

**S**mooth

**C**ardiac

**L**ife

**E**verything

**S**keletal

Vocabulary!

1. **Smooth muscle** – muscles found in organs such as your lung and stomach
2. **Musculoskeletal** – your bones and muscles working together
3. **Cardiac muscle** – muscle found only in the heart
4. **Skeletal muscle** – muscle attached to your bones
5. **Skeleton** – the framework of your bones (main functions: support, protection, and movment)

Three Types of Blood Vessels

1. **Arteries**
2. **Veins**
3. **Capillaries**