

## The Human Muscular System

A very useful video clip: **How your muscular system works**

<https://www.youtube.com/watch?v=VVL-8zr2hk4>

This 5-minute video covers almost exactly the same information as the sheet I have given you. It does it in not such a sensible order as the sheet but it does have some friendly animations to help. Watch the video and read the sheet, then you should be ready to answer all the questions below.

Questions about muscles:

EASY

Name the **three kinds of muscle**

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What are **ligaments and tendons** for?

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Give an example of a **voluntary** muscle movement

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Give an example of an **involuntary** muscle movement

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MEDIUM

Why is blinking an unusual sort of muscle movement?

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Name the 'front' and 'back' muscles in your upper arm **that work as a pair** together

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Which of these parts of your body contain **smooth** muscle? (tick or cross them)

Eyeballs      Thighs      Wrists      Stomach      Heart      Oesophagus

What makes a muscle shorten? (choose only one)

- a. Moving a bone and joint
- b. Relaxing
- c. picking something up
- d. an instruction from your brain

HARD

Explain **why** your digestive organs need to contain such a lot of muscle

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**Why** do you think it is that **the heart needs to have the striated muscle** (like the skeletal muscles) rather than the smooth muscles (like your other internal organs)?

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(Only from the video...) What are **fast twitch** and **slow twitch** muscles?

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