

6 THE MUSCULAR SYSTEM

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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 contributes 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 consists of 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 microscopic 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. Enter the appropriate term(s) or letter(s) of the key choice in the answer blank.

Key Choices

- A. Cardiac B. Smooth C. Skeletal

- ✓ Cardiac, Smooth 1. Involuntary
- ✓ Cardiac, Skeletal 2. Banded appearance
- ✓ Smooth 3. Longitudinally and circularly arranged layers
- ✓ Skeletal 4. Dense connective tissue packaging
- ✓ Cardiac 5. Figure eight packaging of the cells
- ✓ Cardiac 6. Coordinated activity to act as a pump

20

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Table of Contents Chapter 6 Muscular System Packet

1. Understanding the eBook Chapter 6 Muscular System Packet
 - The Rise of Digital Reading Chapter 6 Muscular System Packet
 - Advantages of eBooks Over Traditional Books
2. Identifying Chapter 6 Muscular System Packet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Chapter 6 Muscular System Packet
 - User-Friendly Interface

4. Exploring eBook Recommendations from Chapter 6 Muscular System Packet
 - Personalized Recommendations
 - Chapter 6 Muscular System Packet User Reviews and Ratings
 - Chapter 6 Muscular System Packet and Bestseller Lists
5. Accessing Chapter 6 Muscular System Packet Free and Paid eBooks
 - Chapter 6 Muscular System Packet Public Domain eBooks
 - Chapter 6 Muscular System Packet eBook Subscription Services
 - Chapter 6 Muscular System Packet Budget-Friendly Options
6. Navigating Chapter 6 Muscular System Packet eBook Formats
 - ePub, PDF, MOBI, and More
 - Chapter 6 Muscular System Packet Compatibility with Devices
 - Chapter 6 Muscular System Packet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Chapter 6 Muscular System Packet
 - Highlighting and Note-Taking Chapter 6 Muscular System Packet
 - Interactive Elements Chapter 6 Muscular System Packet
8. Staying Engaged with Chapter 6 Muscular System Packet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Chapter 6 Muscular System Packet
9. Balancing eBooks and Physical Books Chapter 6 Muscular System Packet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Chapter 6 Muscular System Packet
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Chapter 6 Muscular System Packet
 - Setting Reading Goals Chapter 6 Muscular System Packet
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Chapter 6 Muscular System Packet
 - Fact-Checking eBook Content of Chapter 6 Muscular System Packet
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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