

Name \_\_\_\_\_



## Masses of Muscles

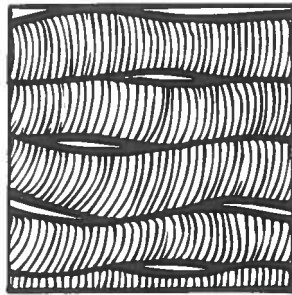
The three types of muscle tissues found in the body are smooth, cardiac, and skeletal. Cardiac muscle is a type of involuntary muscle made up of a network of striped cells and is found only in the heart. Smooth muscle is a type of involuntary muscle made of short, non-striped cells that line the digestive tract and blood vessels. Smooth muscles have smooth, slow contractions, and they can stay contracted for long periods of time. Skeletal muscles are the muscles that move the bones of the body. They are voluntary muscles made up of bundles of long, striped cells.

Label each diagram of muscle cells. Next to each diagram, name a part of the body where this type of muscle can be found.

**Type of muscle**

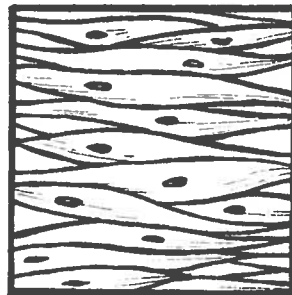
**Where this muscle type  
can be found in the body**

1. \_\_\_\_\_



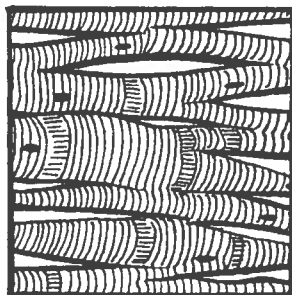
\_\_\_\_\_

2. \_\_\_\_\_



\_\_\_\_\_

3. \_\_\_\_\_



\_\_\_\_\_



Name \_\_\_\_\_

## What About My Muscles?

Use the code to learn some interesting facts about muscles.

Code						
A = 1	B = 2	C = 3	D = 4	E = 5	F = 6	G = 7
H = 8	I = 9	J = 10	K = 11	L = 12	M = 13	N = 14
O = 15	P = 16	Q = 17	R = 18	S = 19	T = 20	U = 21
V = 22	W = 23	X = 24	Y = 25	Z = 26		

1. The 40 muscles in this part of the body allow people to express their feelings without using any words.

6 1 3 5

2. This tendon attaches the calf muscle in the leg to the heel bone and carries the whole weight of the body.

1 3 8 9 12 12 5 19 20 5 14 4 15 14

3. There are about 600 of these attached to bones. They can only pull the bones. They cannot push them.

13 21 19 3 12 5 19

4. Muscles need this gas in order to do work. The harder muscles work, the more of this gas they need.

15 24 25 7 5 14

5. The body automatically does this when it is cold. It is caused by the involuntary contractions of muscles to give off heat to warm up the body. It can cause teeth to chatter.

19 8 9 22 5 18 19

6. This is the name of the upper arm muscles that bodybuilders like to show off.

2 9 3 5 16 19