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Bones, Muscles and Movement

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Muscular Function

The muscular system facilitates motion in both humans and animals.

Internal

- A beating heart (involuntary motion)

External

- Walking (voluntary motion)



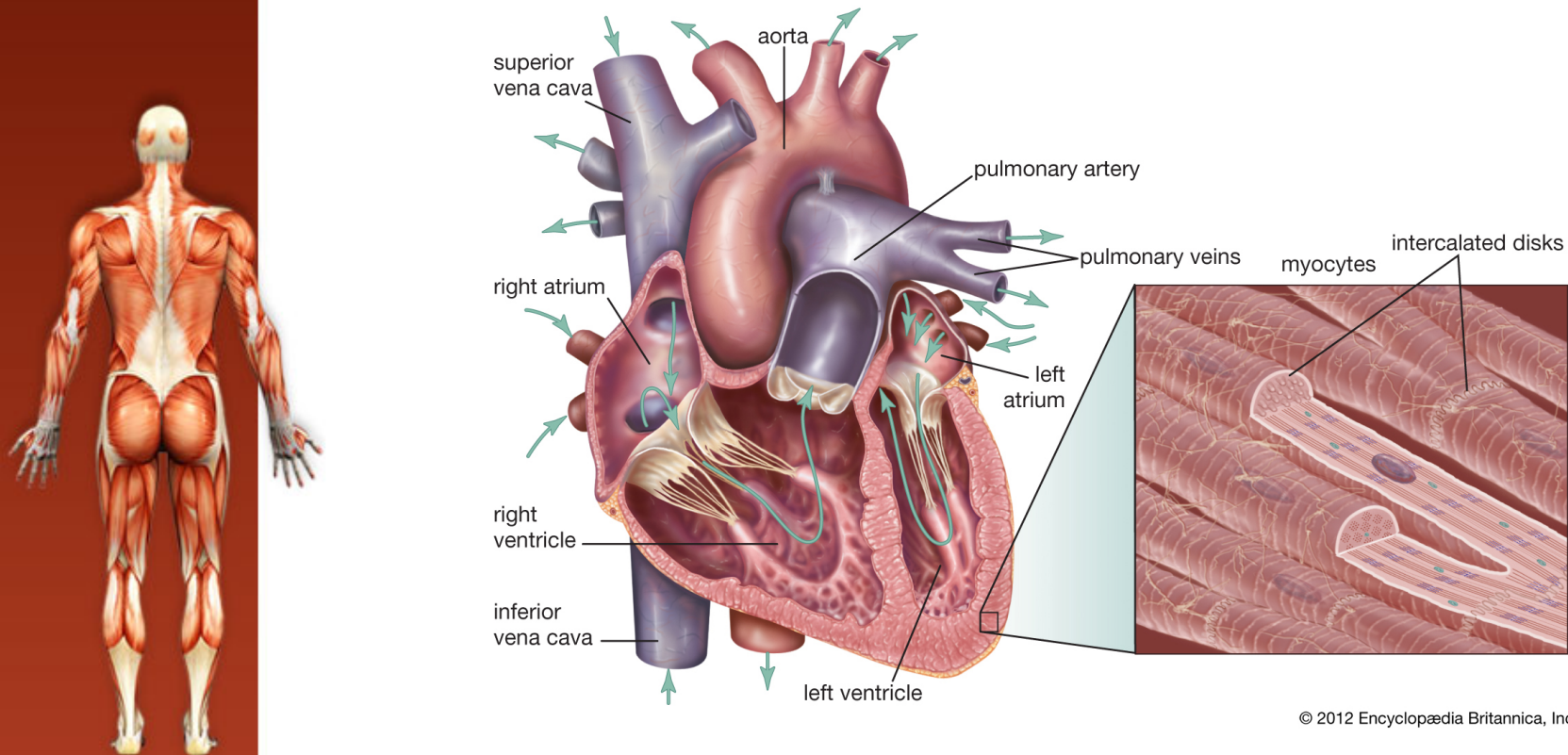
Types of Muscles

- Cardiac
- Skeletal
- Smooth



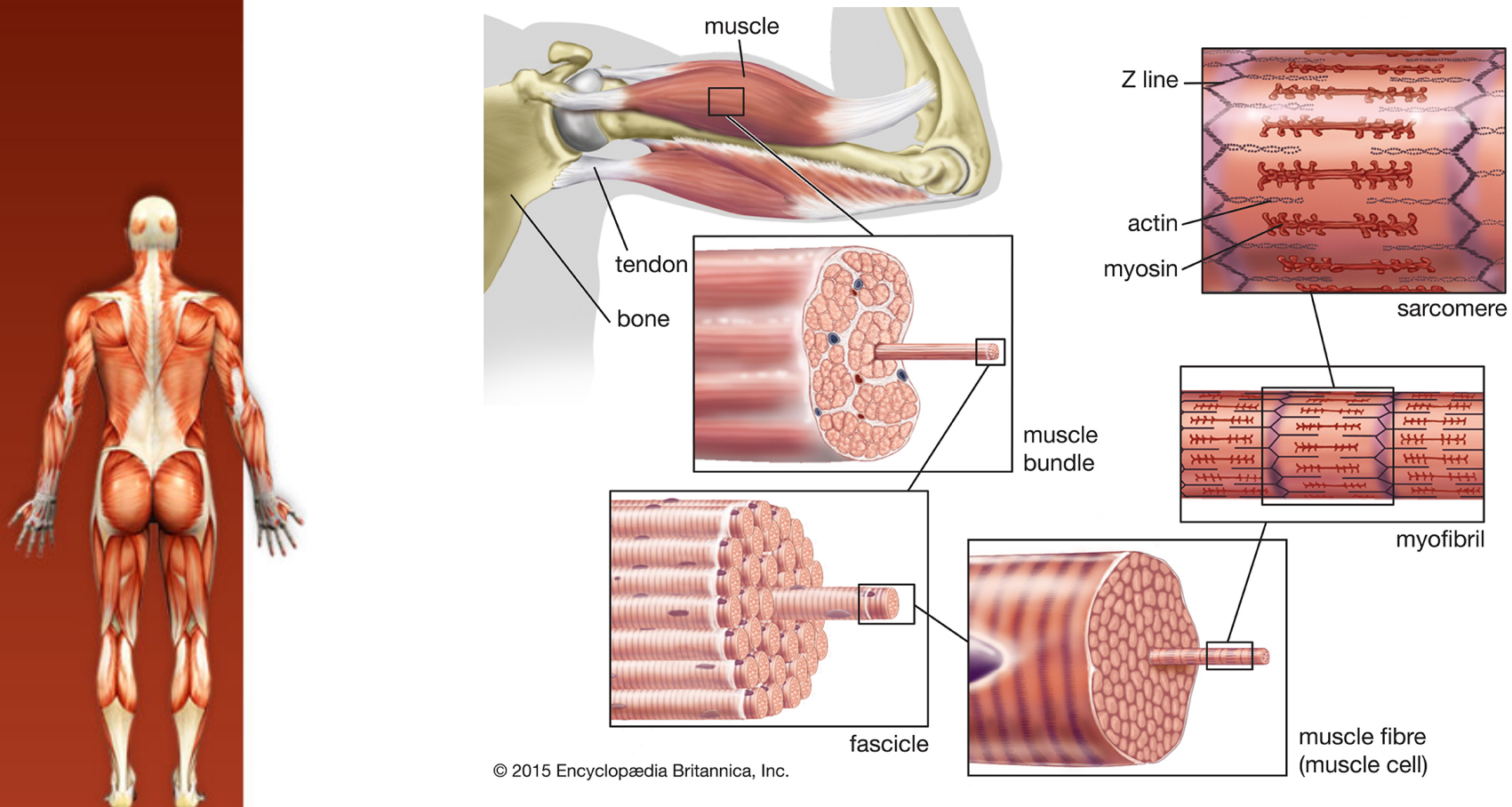
Cardiac Muscle

Muscle tissue that works to keep your heart pumping through involuntary movements, example the heart.



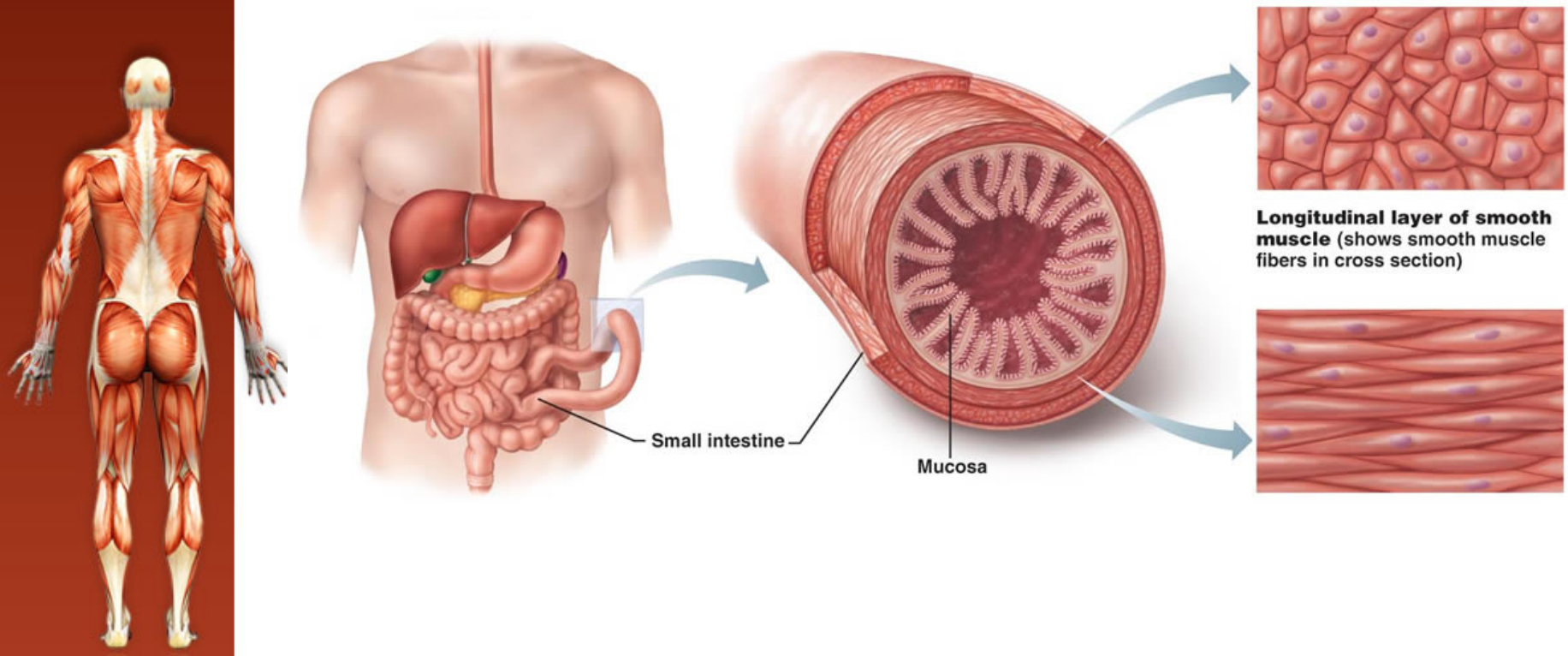
Skeletal Muscle

Striated muscle tissue under voluntary control of the somatic nervous system.



Smooth Muscle Tissue

Involuntary muscle, no cross stripes noted under a microscope. Known as the “housekeeping function” in the body.

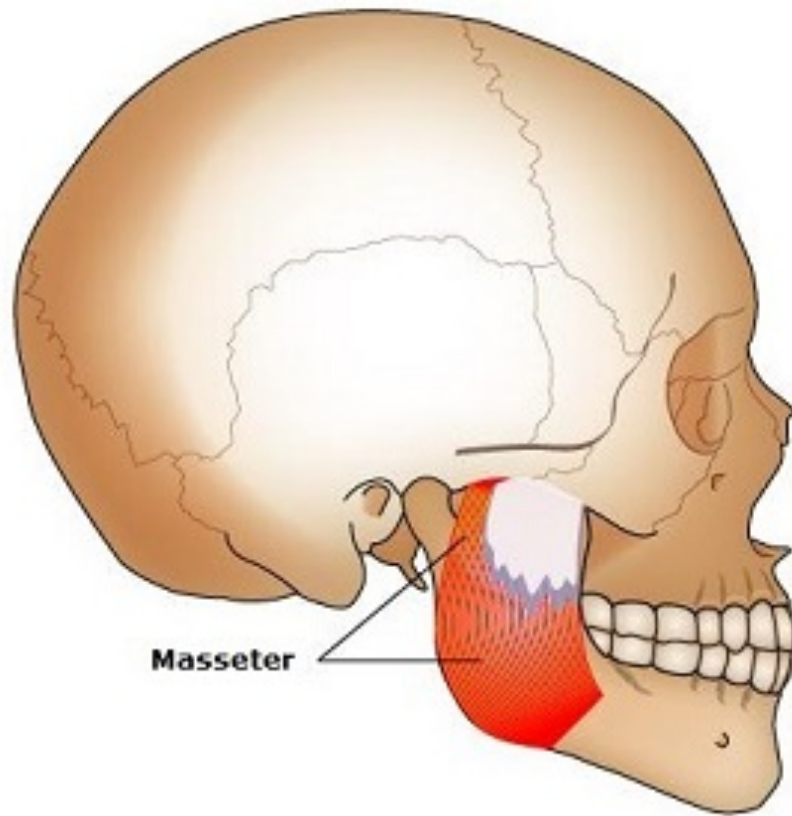
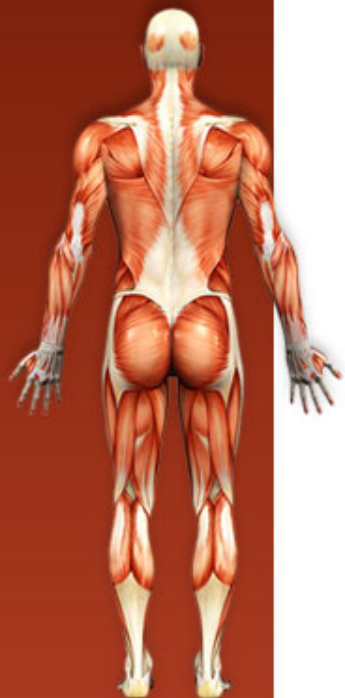


Muscle Identification

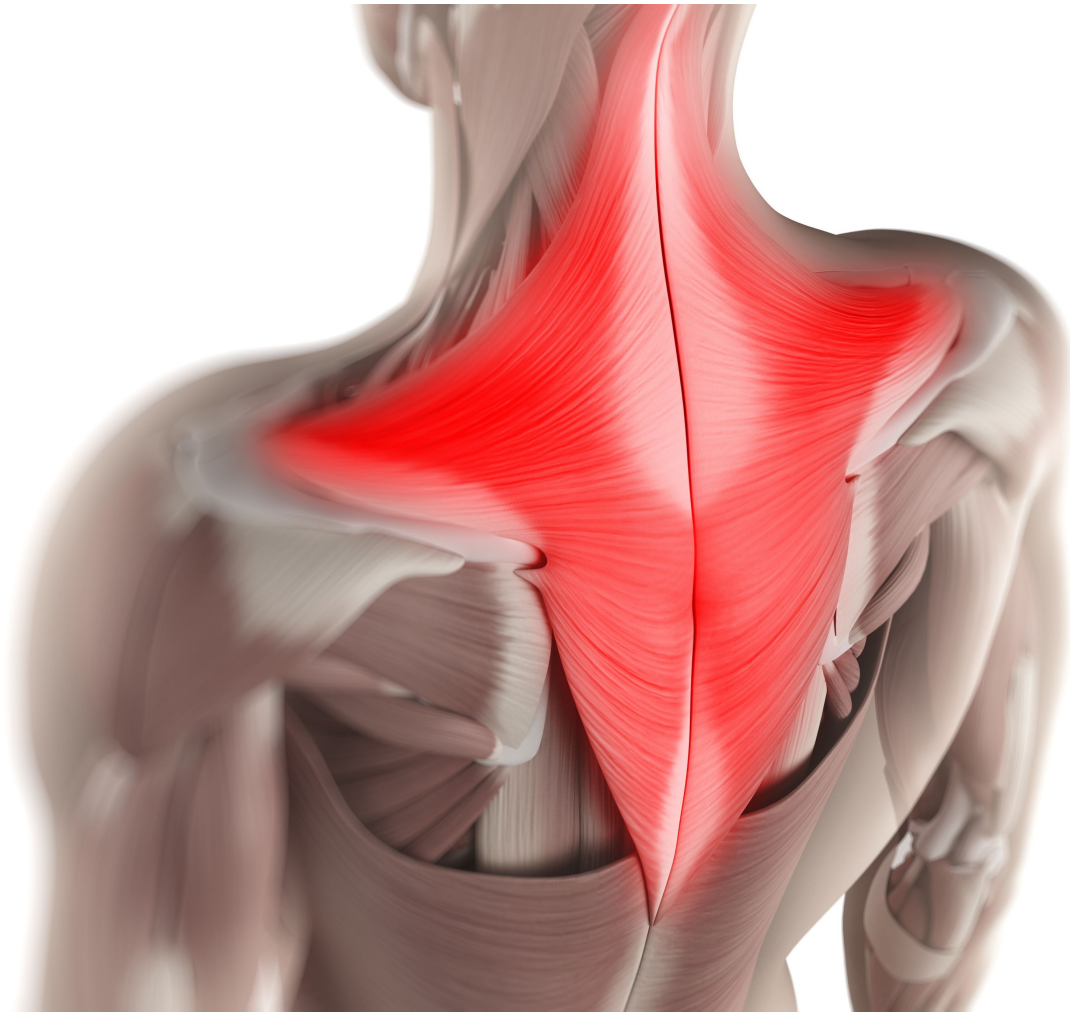
- Masseter
- Trapezius
- Deltoid
- Pectoralis
- Biceps
- Abdominal
- Quadriceps
- Triceps
- Latissimus dorsi
- Gluteus Maximus
- Hamstrings
- Gastrocnemius
- Soleus



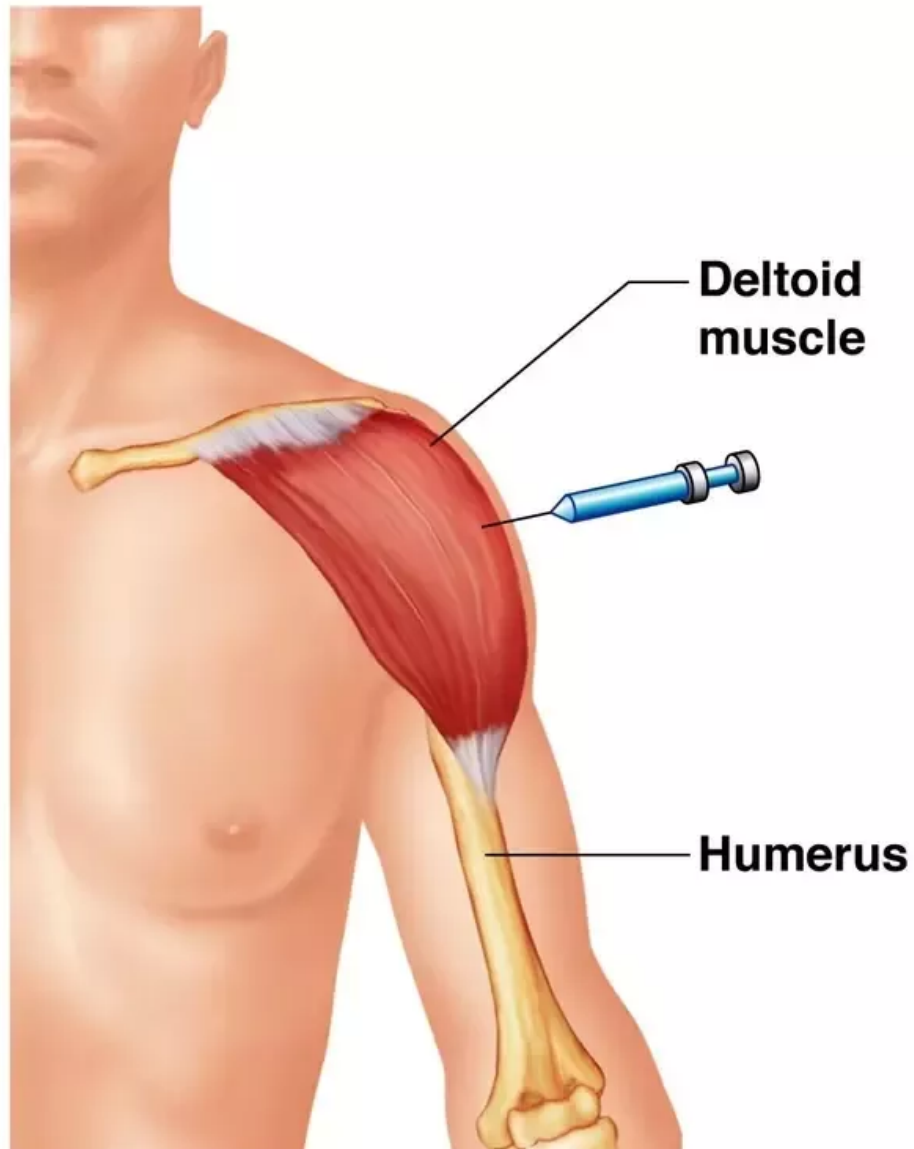
Masseter



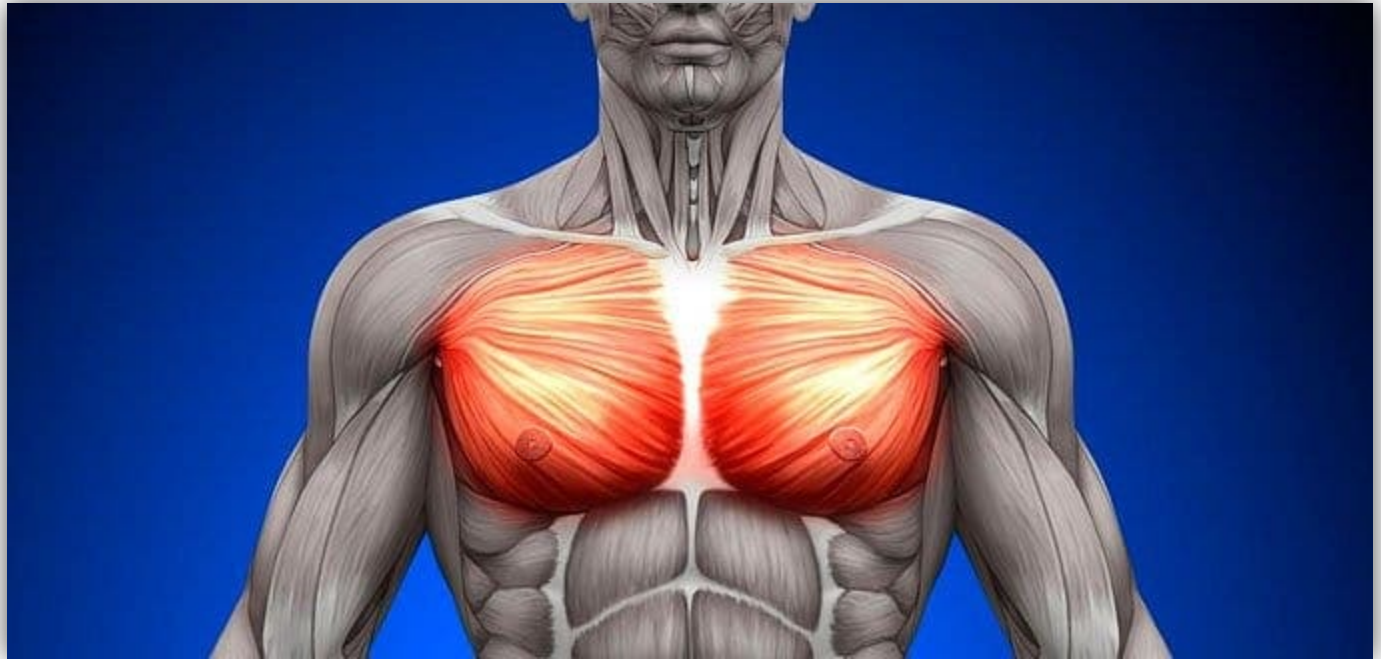
Trapezius



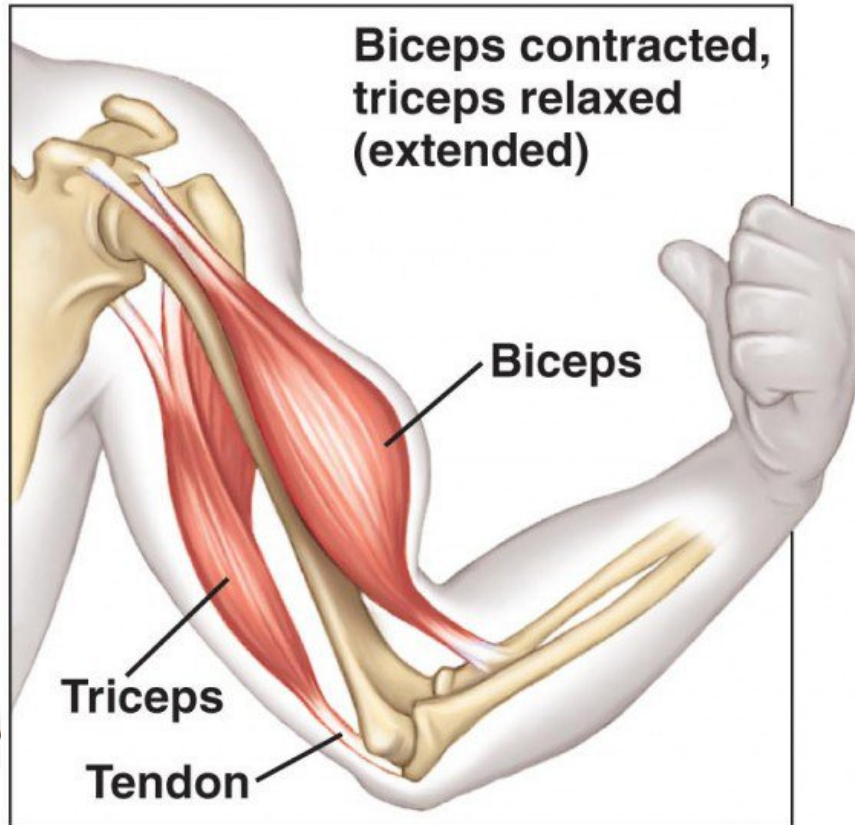
Deltoid



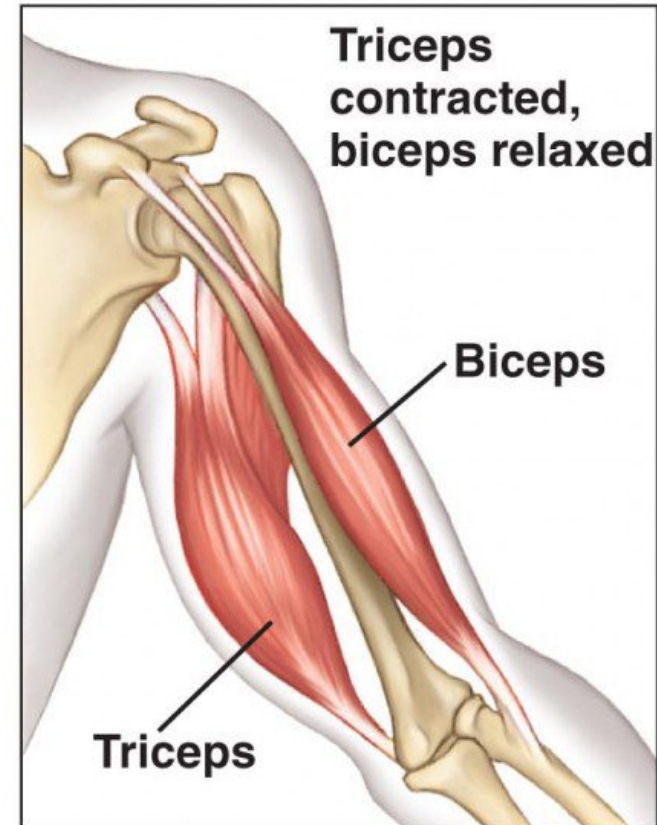
Pectoralis Major



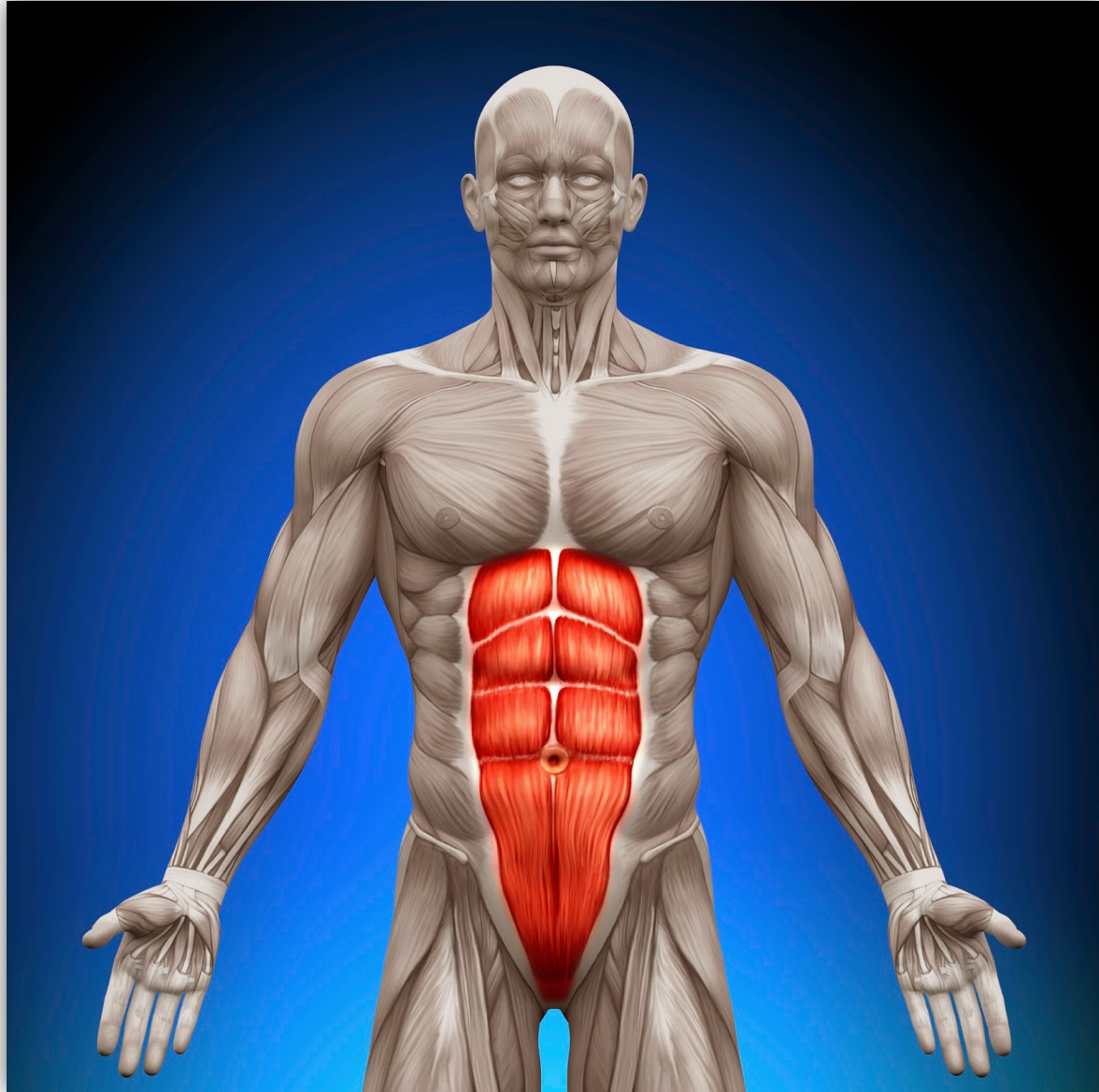
Biceps & Triceps



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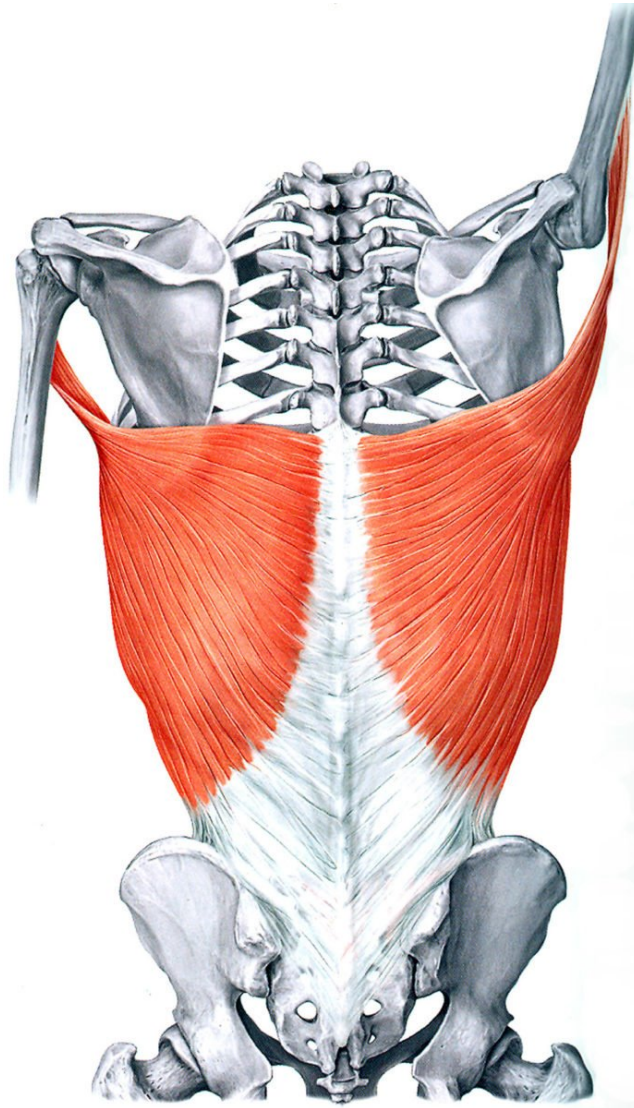
Abdominal



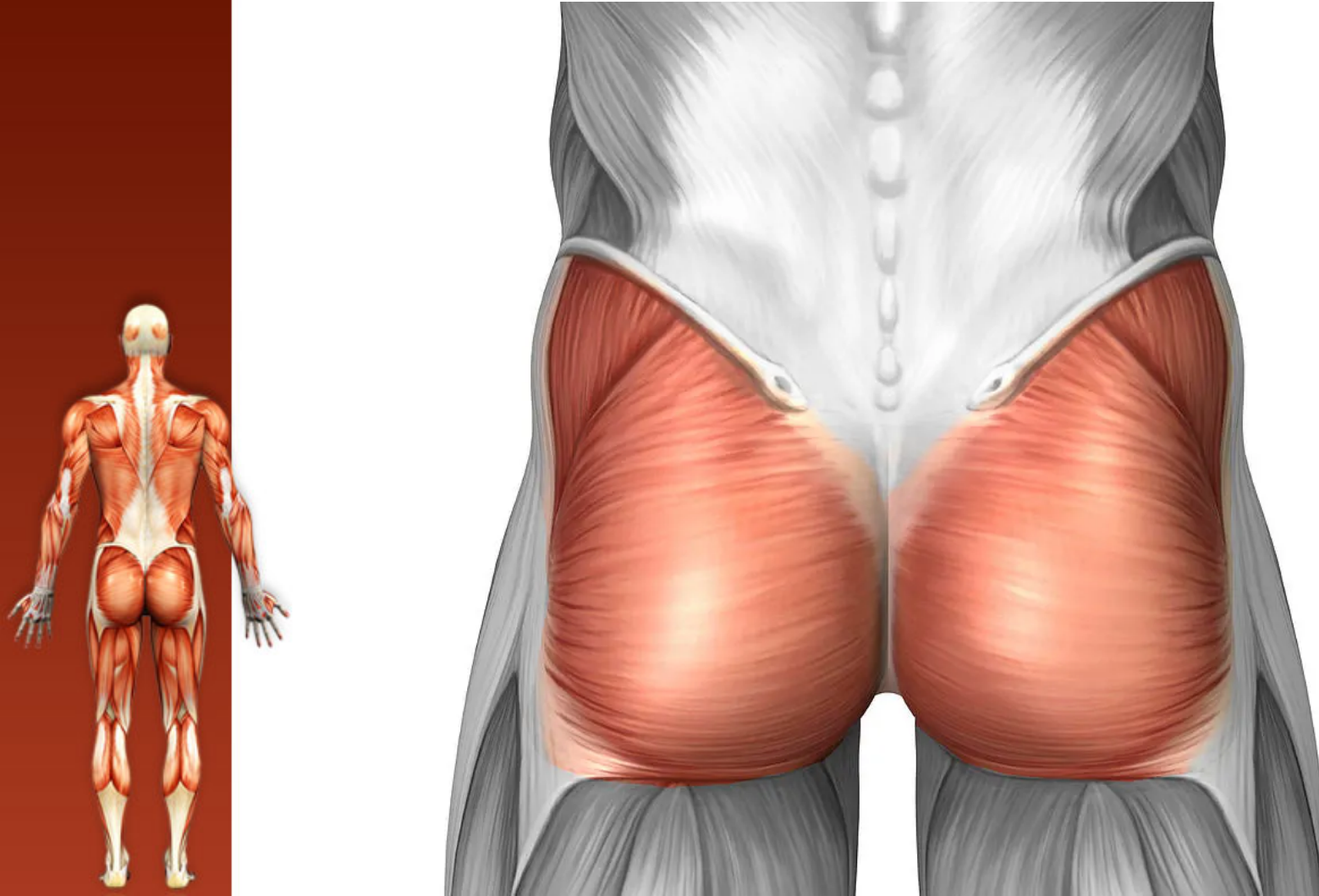
Quadriceps



Latissimus dorsi



Gluteus maximus



Hamstrings



Gastrocnemius

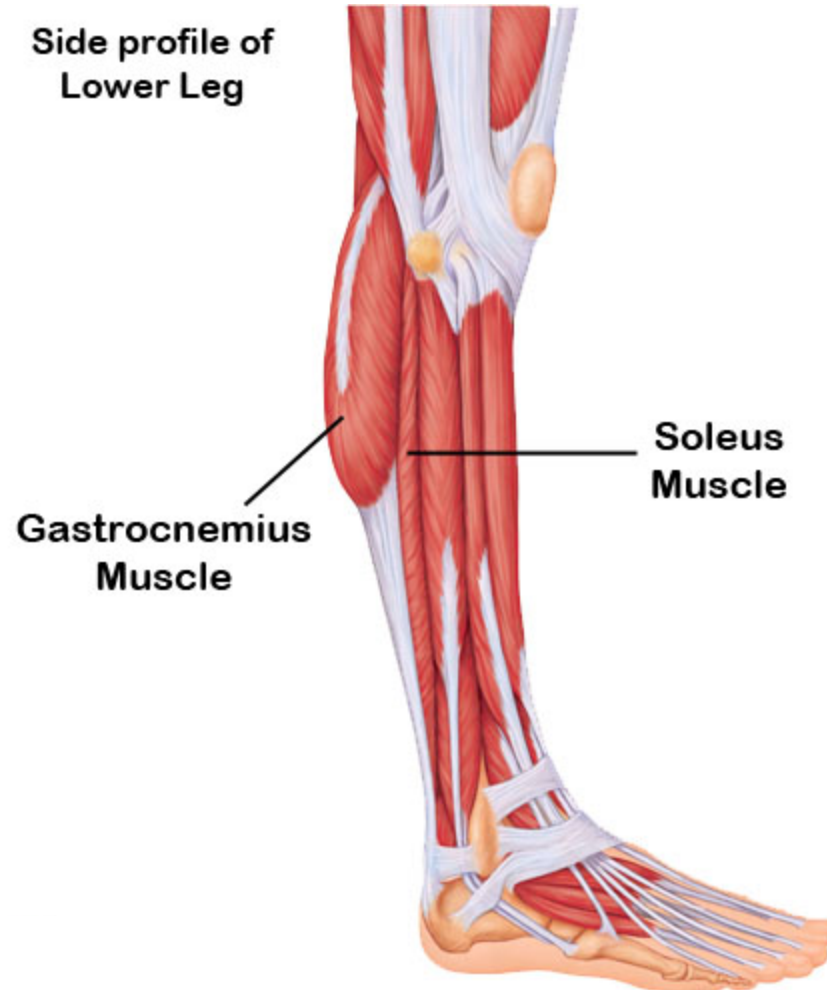


Soleus

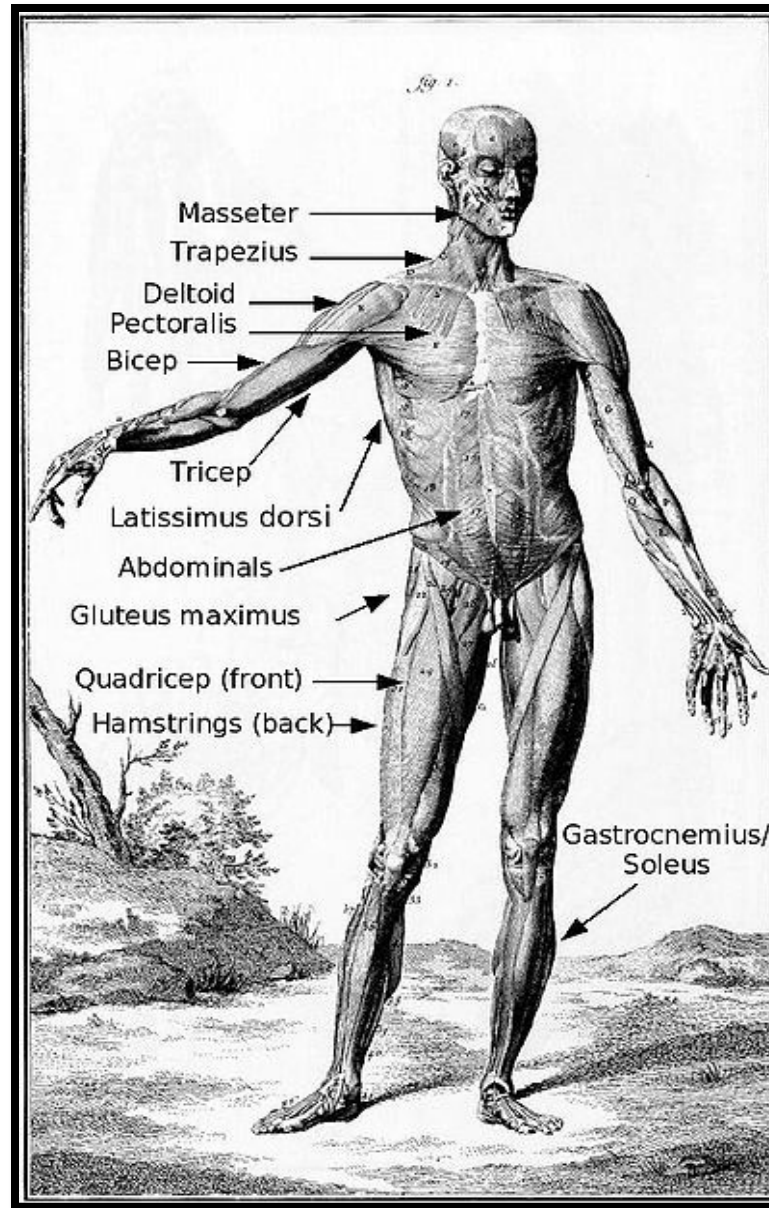
Side profile of
Lower Leg

Gastrocnemius
Muscle

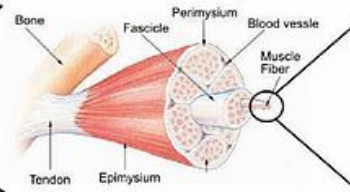
Soleus
Muscle



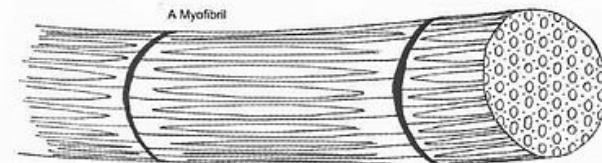
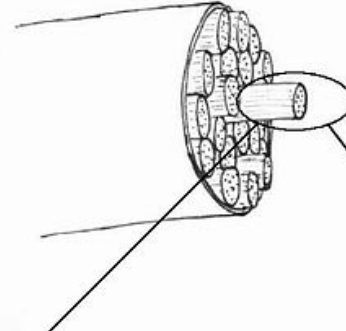
Putting it all together



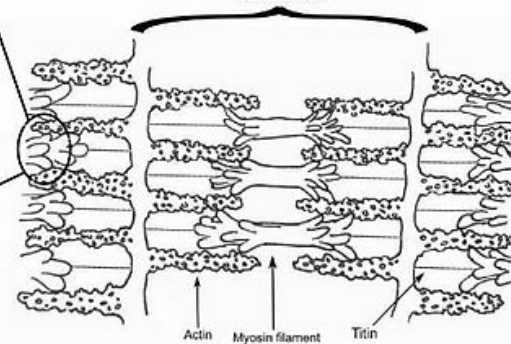
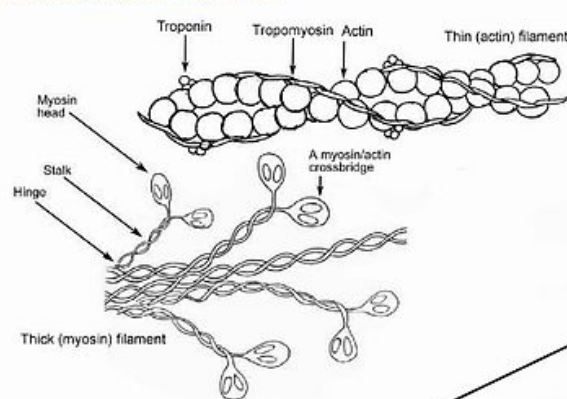
Muscle Contraction



Muscle Fiber (single cell, multi-nuclear)



One sarcomere



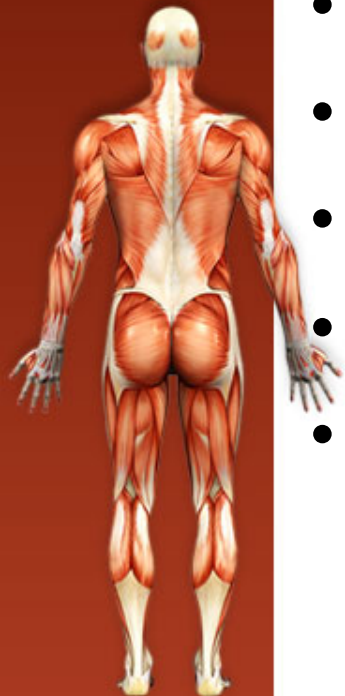
Voluntary vs. Involuntary

Skeletal muscles you can control:

- Neck
- Shoulders
- Biceps
- Abdominals
- Triceps
- Quads
- Calves

Smooth muscles controlled by the autonomic nervous system:

- Walls of the Esophagus, stomach and blood vessels
- Intestines
- Iris of the eye
- In the aorta



Your Movement



3 - BIBLE VERSES

Ezekiel 37:4-6

Again He said to me, “Prophecy to these bones, and say to them, ‘O dry bones, hear the word of the Lord! Thus says the Lord God to these bones: “Surely, I will cause breath to enter into you, and you shall live. I will put sinews on you and bring flesh upon you, cover you with skin and put breath in you; and you shall live. Then you shall know that I am the Lord.”””





QUESTIONS?

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LAKE UNION
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Instructor **Dr. Sherri A. Wheeler** for
an excellent honor presentation! It
would be impossible for us to
continue our operation without
volunteers like you. May God bless
you!

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