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Bones, Muscles and Movement

Dr. Sherri A. Wheeler, DNP, MG
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

Deltoid muscle

Humerus
Pectoralis Major
Biceps & Triceps

Biceps contracted, triceps relaxed (extended)

Triceps contracted, biceps relaxed

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Abdominal
Quadriceps
Latissimus dorsi
Gluteus maximus
Hamstrings
Gastrocnemius

- Gastrocnemius muscles
- Soleus muscle
- Achilles tendon
Soleus

Side profile of Lower Leg

Gastrocnemius Muscle

Soleus Muscle
Putting it all together
Muscle Contraction

https://www.youtube.com/watch?v=ousflrOzQHc
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
Ezekiel 37:4-6
Again He said to me, “Prophesy 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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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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