

Section 36-2

1 FOCUS

Objectives

- 36.2.1** Describe the three types of muscle tissue.
- 36.2.2** Explain how muscles contract.
- 36.2.3** Explain why exercise is important.

Guide for Reading

Vocabulary Preview

Call students' attention to the term *neuromuscular*. Point out that the term is made up of two parts, *neuro-*, which means "of or relating to the nervous system," and *muscular*, which means "of or relating to the muscular system." Ask: **What do you think the term *neuromuscular* means?** (Of or relating to the nervous and muscular systems together.)

Reading Strategy

Before students read the section, suggest that they rewrite the headings as *how*, *why*, or *what* questions about the muscular system. As they read, they should write brief answers to their questions.

2 INSTRUCT

Types of Muscle Tissue

Build Science Skills

Infering Show students a picture of a person with larger-than-average muscles, such as a wrestler or weight lifter, and then show them a picture of a person with average-sized muscles. Ask: **Would you infer that the person with larger muscles has more skeletal muscle cells?**

(Students are likely to say yes, even though the inference is incorrect.) Explain that most people have about the same number of muscle cells, and then ask: **In what other way could muscles become larger?** (By increasing the size of existing cells.)



36-2 The Muscular System

Guide for Reading



Key Concepts

- What are the three types of muscle tissue?
- How do muscles contract?
- Why is exercise important?

Vocabulary

myosin
actin
neuromuscular junction
acetylcholine
tendon

Reading Strategy:

Summarizing As you read, find the main ideas for each paragraph. Write down a few key words from each main idea. Then, use the key words in your summary. Reread your summary, keeping only the most important ideas.

Despite the fantasies of Hollywood horror films, a skeleton cannot move by itself. Movement is the function of the muscular system. More than 40 percent of the mass of the average human body is muscle. The muscular system includes the large muscles displayed by some athletes. It also includes thousands of tiny muscles throughout the body that help to regulate blood pressure, move food through the digestive system, and power every movement of the body—from the blink of an eye to the hint of a smile.

Types of Muscle Tissue

Muscle tissue is found everywhere in the body—not only just beneath the skin but also deep within the body.  There are three different types of muscle tissue: **skeletal**, **smooth**, and **cardiac**. Each type of muscle is specialized for a specific function in the body. Refer to **Figure 36-6** as you read about the different types of muscles.

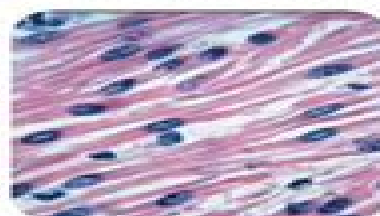
Skeletal Muscles Skeletal muscles are usually attached to bones. Skeletal muscles are responsible for such voluntary movements as typing on a computer keyboard, dancing, or winking an eye. When viewed under a microscope at high magnification, skeletal muscle appears to have alternating light and dark bands called **striations**. For this reason, skeletal muscle is sometimes called **striated muscle**. Most skeletal muscles are consciously controlled by the central nervous system.

Skeletal muscle cells are large, have many nuclei, and vary in length from 1 millimeter to about 30 centimeters. Because skeletal muscle cells are long and slender, they are often called **muscle fibers**. Complete skeletal muscles consist of muscle fibers, connective tissue, blood vessels, and nerves. **Figure 36-7** shows the structure of a skeletal muscle in the leg.

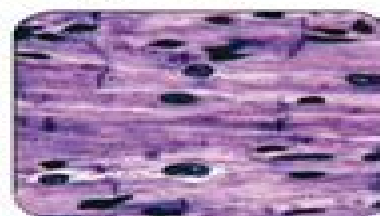
Figure 36-6  There are three types of muscle tissue: skeletal, smooth, and cardiac. Skeletal muscle cells have striations, or stripes, and many nuclei. Smooth muscle cells are spindle-shaped and have one nucleus and no striations. Cardiac muscle cells have striations and usually only one nucleus.



Skeletal Muscle (130 $\times$)



Smooth Muscle (400 $\times$)



Cardiac Muscle (500 $\times$)



SECTION RESOURCES

Print:

- **Laboratory Manual B**, Chapter 36 Lab
- **Teaching Resources**, Lesson Plan 36-2, Adapted Section Summary 36-2, Adapted Worksheets 36-2, Section Summary 36-2, Worksheets 36-2, Section Review 36-2
- **Reading and Study Workbook A**, Section 36-2
- **Adapted Reading and Study Workbook B**, Section 36-2

Technology:

- **iText**, Section 36-2
- **Animated Biological Concepts DVD**, 39 Muscle Contraction
- **Transparencies Plus**, Section 36-2

Section 36 2 The Muscular System Answers

Connie Allen, Valerie Harper



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