

Muscular System

- The flesh or “Meat” (SARCO / MYO)
- The “ Engines of the body”
- About 40-50% of the body weight
- Bundle of fibers having properties of contraction and relaxation in which motion is produced.

Did you know that?

There are as many as **850** muscles in the human body.

There are about **620** are voluntary muscles.

Muscles

- Are composed of cells specialized for
 - Contractility
 - Extensibility
 - Elasticity
- Together with skeletal system produce movement.

Chemical Composition

Muscles contain about:

- 75% water
- 20% protein
- 5% carbohydrates, lipid, inorganic salts, ATP and phosphocreatine

GLYCOGEN - is the main CHO in the muscle derived from glucose (about 0.5-1.0% of the muscle)

Purposes of muscle function

1. Contraction for locomotion and skeletal movement
2. contraction for propulsion
3. contraction for pressure regulation

General Function

A. Locomotion

- Skeletal muscles produce movement of the body or its part through contraction and relaxation.
- Muscles move the bones around the joints.

B. Maintenance of Posture

- The continued partial contraction of skeletal muscles make possible standing, sitting and other maintained position.

C. Heat production

- Muscle cells produce heat by catabolism.
- Skeletal muscles are the heating plant of the body.
- 25% efficient in converting chemical energy into work.
 - *Shivering indicates the need to generate heat through muscle contraction*

D. Heart Contraction

- Pumping motion of the heart propels blood through the body.

E. Respiration

- Respiratory muscles like the diaphragm and intercostal muscles continue to function as long as we live.

F. Peristalsis

- Movement of nutrient materials along GIT

G. Urine transport from the kidney To the bladder

H. Bladder emptying

I. Defecation

- Bowel elimination

J. Helps In labor and delivery

- Uterine contraction until the birth of the baby.

Answer Key Anatomy Ch 7 Muscular System

Kevin T. Patton



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