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Download and print these The Muscular System coloring pages for free. The Muscular System coloring pages are a fun way for kids of all ages to develop creativity, focus, motor skills and color recognition. Leave your comment My Little Pony Moana Paw Patrol Luca Among Us Fortnite For Adults PJ Masks Trollhunters Subway Surfers Feeding 5,000 Big Ben Not ready to purchase a subscription? Click to download the free sample version Download sample The muscular system is the system of the human body that provides motor power for all movements of body parts. The muscular system is composed of special tissue called muscular tissue. Muscles have the ability to contract actively to provide the force for movement. See the fact file below for more information on the Muscular System or alternatively, you can download our 22-page Muscular System worksheet pack to utilise within the classroom or home environment. Key Facts & Information Importance and Components The muscular system is an important system of the human body because, without it, life will completely stop. Muscles produce not only those movements that are under the control of our will, but also those movements that are responsible for activities like breathing, digestion of food, pumping of blood, reflexes and more. Muscles are special types of tissue of the human body that possess the ability to contract and relax. They can contract actively to produce force for different body movements. Types of Muscles Skeletal muscle is striated, under voluntary control, found attached to the skeleton, and produce major movements of body parts. Smooth muscle is non-striated, not under voluntary control, found in soft organs of the body, and are responsible for processes like digestion of food. Cardiac muscle is striated, involuntary, present exclusively in the heart, responsible for pumping activity of the heart, and is very strong and tough. Aside from the types, muscles are also named by their shape, location, number/amount and functions/movement. Functions Movements of Body Parts. Skeletal muscles are responsible for all voluntary movements of body parts. They provide the force by contracting actively with the expenditure of energy. In other words, muscles are motors of the body where chemical energy of food is converted into mechanical work. Stability and Posture. Skeletal muscles stabilize the skeleton and give proper posture to human beings. Some joints of the human body are weak and require the support of the muscular system to achieve stability. Skeletal muscles are very important for such joints. Heat Production. A large share of the body’s energy is used by the muscular system. As a result of metabolism, muscles produce a great amount of heat in the body. Heat produced by muscles is important in cold climates and for normal function. Circulation. Cardiac muscles provide the main force for circulation of blood throughout the body. The regular pumping of the heart keeps blood in motion, which makes nutrients and gases available to all tissue in the human body. Help in Digestion. Smooth muscles in organs like the stomach and intestines help the digestive system in the process of digesting food. Muscular System Worksheets This is a fantastic bundle which includes everything you need to know about Muscular System across 22 in-depth pages. These are ready-to-use Muscular System worksheets that are perfect for teaching students about the muscular system which is the system of the human body that provides motor power for all movements of body parts. The muscular system is composed of special tissue called muscular tissue. Muscles have the ability to contract actively to provide the force for movement. Complete List Of Included Worksheets Muscular System Facts Locating Unscramble Muscle Workout Muscle Protection Who Will Treat Me? Muscle Match Choose Wisely Muscle Game Modified True or False Get to Know Me Link/cite this pagelf you reference any of the content on this page on your own website, please use the code below to cite this page as the original source.

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