

## UNIT 2- SUPPORT SYSTEMS

### Muscular System Lecture Guide

#### MUSCLE TISSUE – FUNCTIONS

- A.
- B.
- C.
- D. Controls the volume of hollow organs
  - 1. Smooth muscle surrounds our hollow organs and contractions propel the substances through them, aid in their emptying, or helps control their volume.
  - 2. Examples
    - 
    - 
    -
- E. Protection
  - 1. Examples:
    - 
    -

#### MUSCLE LOCATION

- A. Identify the following skeletal muscles

MUSCLE	LOCATION
1. Biceps Brachii	
2. Triceps Brachii	
3. Trapezius	
4. Deltoid	

5. Diaphragm	
6. Pectoralis Major	
7. Latissimus Dorsi	
8. Rectus Abdominus	
9. Gastrocnemius	
10. Hamstring muscle group	
11. Quadriceps muscle group	
12. Gluteus Maximus	

## DIFFERENTIATION BETWEEN CARDIAC, SMOOTH, AND SKELETAL MUSCLE

### A. Cardiac Muscle

1. Appearance:
2. Control:
3. Location -

### B. Smooth Muscle

1. Appearance:
2. Control:
3. Location:

### C. Skeletal Muscle

1. Appearance:
2. Control:
3. Location:

## DESCRIBE THE FUNCTION OF TENDONS

A. Tendons:

## DISEASES AND DISORDERS OF THE MUSCULAR SYSTEM

A. Tendonitis

1. Definition:
2. Common in-
3. Treatments :

B. Strain

1. Definition:
2. Cause:

Examples

- a.
  - b.
  - c.
3. There are 3 types of strains
    - a. a 1<sup>st</sup> degree -
    - b. a 2<sup>nd</sup> degree -
    - c. a 3<sup>rd</sup> degree sprain –
  4. Signs & Symptoms include:
    - a.
    - b.
    - c.

5. Treatment:

C. Muscle Spasm

1. Definition:
2. Other names:
3. Cause:
4. Initial treatment:
  - a. If spasm persists -
5. Prevention:
  - a. Sports drinks:

D. Muscular Dystrophy

1. Definition
2. Causes:
3. Cure: