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What is Muscles

Muscles: The Body's Movers and Shakers!

DEFINITION

> Muscles are tissues in our body that help us move and perform actions. They contract and relax to create movement.

KEY CONCEPTS

Types of Muscles

There are three types of muscles: skeletal, smooth, and cardiac, each serving different functions.

Skeletal Muscles

Skeletal muscles are attached to bones and help us move voluntarily, like lifting our arms.

Smooth Muscles

Smooth muscles are found in organs and work involuntarily, like moving food through the stomach.

Cardiac Muscles

Cardiac muscles make up the heart and pump blood throughout the body automatically.

Muscle Contraction

Muscles contract when they receive signals from the brain, allowing us to perform actions.

EXAMPLES

→ Lifting a backpack uses skeletal muscles.

→ Your stomach uses smooth muscles to digest food.

→ Your heart beats thanks to cardiac muscles.

MEMORY TIPS

★ Remember 'S' for Skeletal, 'S' for Strong (voluntary muscles).

★ Think of 'Smooth' for organs that work quietly.

★ Cardiac sounds like 'cardio,' which relates to heart health.

COMMON MISTAKES

✗ Confusing skeletal muscles with smooth muscles.

✗ Thinking all muscles are under our control.

✗ Not recognizing that cardiac muscles are involuntary.

QUICK RECAP

Muscles are essential for movement and come in three types: skeletal, smooth, and cardiac. Each type has a unique role, from voluntary actions to automatic heartbeats. Understanding these differences helps us appreciate how our bodies work.