**Muscular System Study Guide**

**Walker PE**



* Smooth Muscles- Which include the muscles of internal organs and blood vessels. These muscles move involuntary.
* Cardiac Muscle- Found only in the heart and are involuntary.
* Skeletal Muscles- Are voluntary and help you move.

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* Involuntary- Automatically move without you knowing.
* Voluntary- Brain sends message to muscle. You control the movements.
* Flexion- Movement that reduces a joint angle.
* Extension- A movement that increases a joint angle.
* There are 600 muscles in the human body. 