

# *MUSCULAR SYSTEM*

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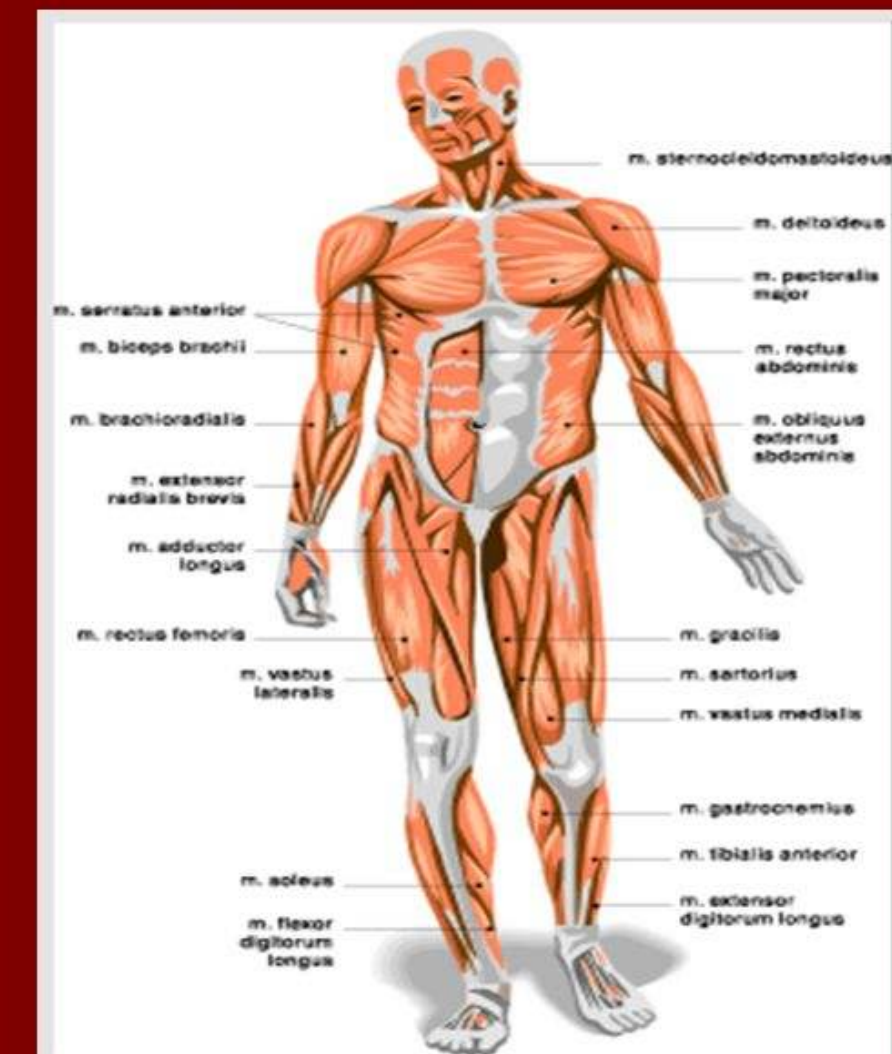


# WHAT IS THE MUSCULAR SYSTEM?

- *MUSCLES CONTRACT THEN REST. THIS ACTION BEATS THE HEART. ITS MOVES YOUR ARMS AND LEGS. IT ALSO DIGESTIVE FOOD*

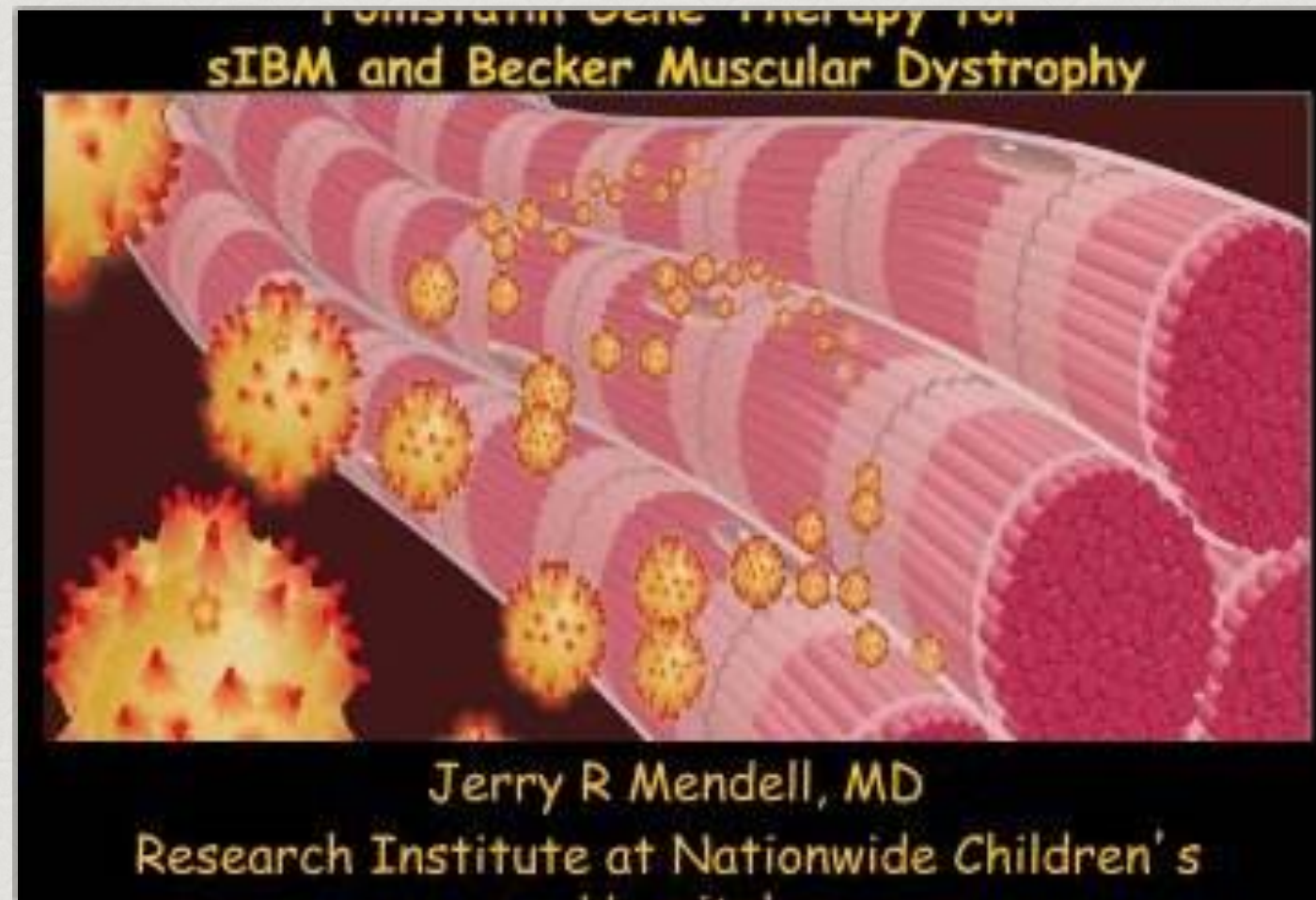
## Muscular system

- Composed of muscles and tendons
- Allows manipulation of the environment, locomotion, and facial expression
- Maintains posture
- Produces heat



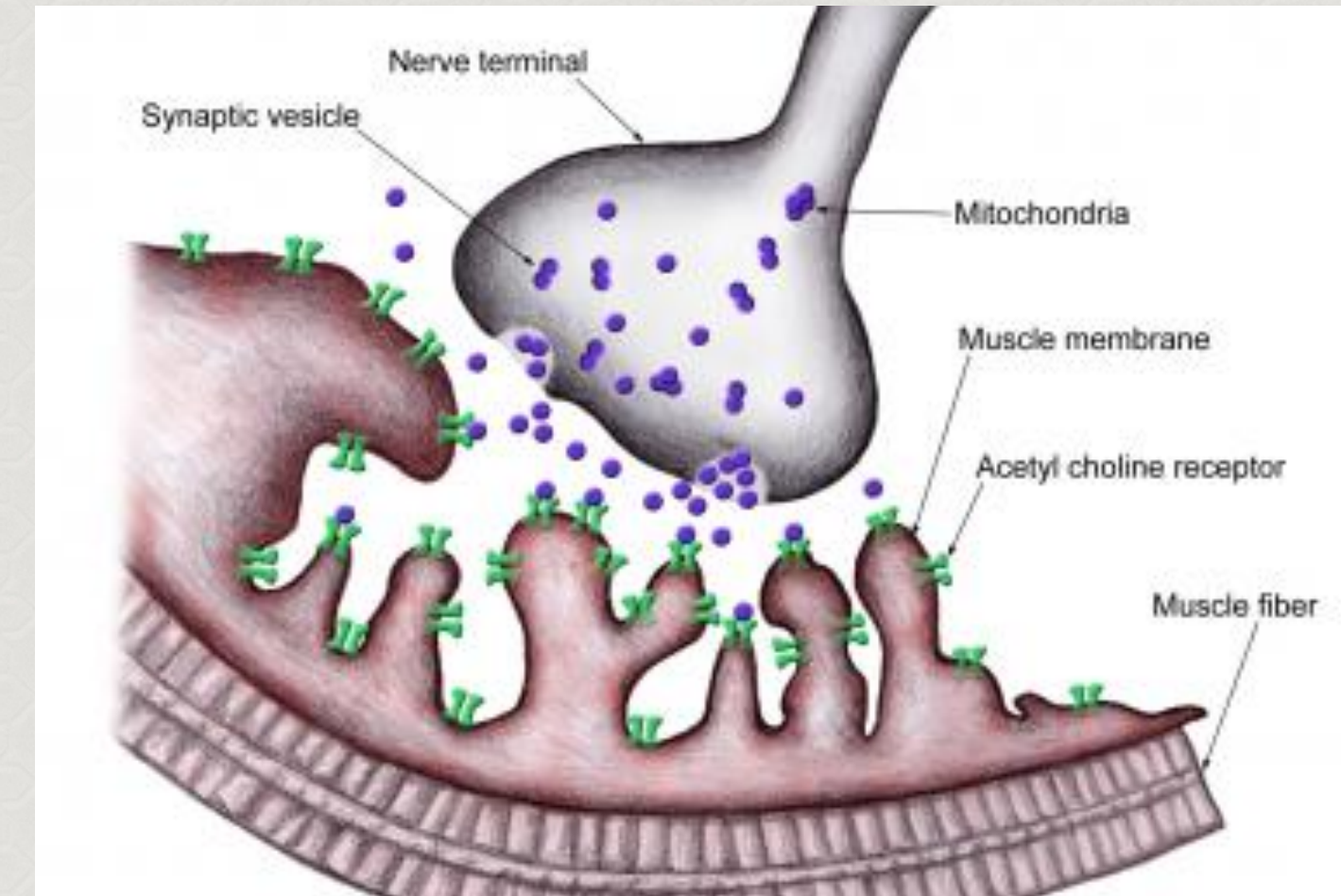


# DISEASES



## *Muscular dystrophy*

*This is a serious degenerative disorder in which a patient's muscle strength gradually weakens over time. Patients with muscular dystrophy may experience muscular atrophy and a loss of control of one or more muscle groups. This is an inherited condition with no cure. Some sufferers may lose the ability to walk or experience potentially deadly complications with heart and lung muscles. While there is no cure for this illness, physical therapy and corticosteroids can help patients remain mobile and active longer.*

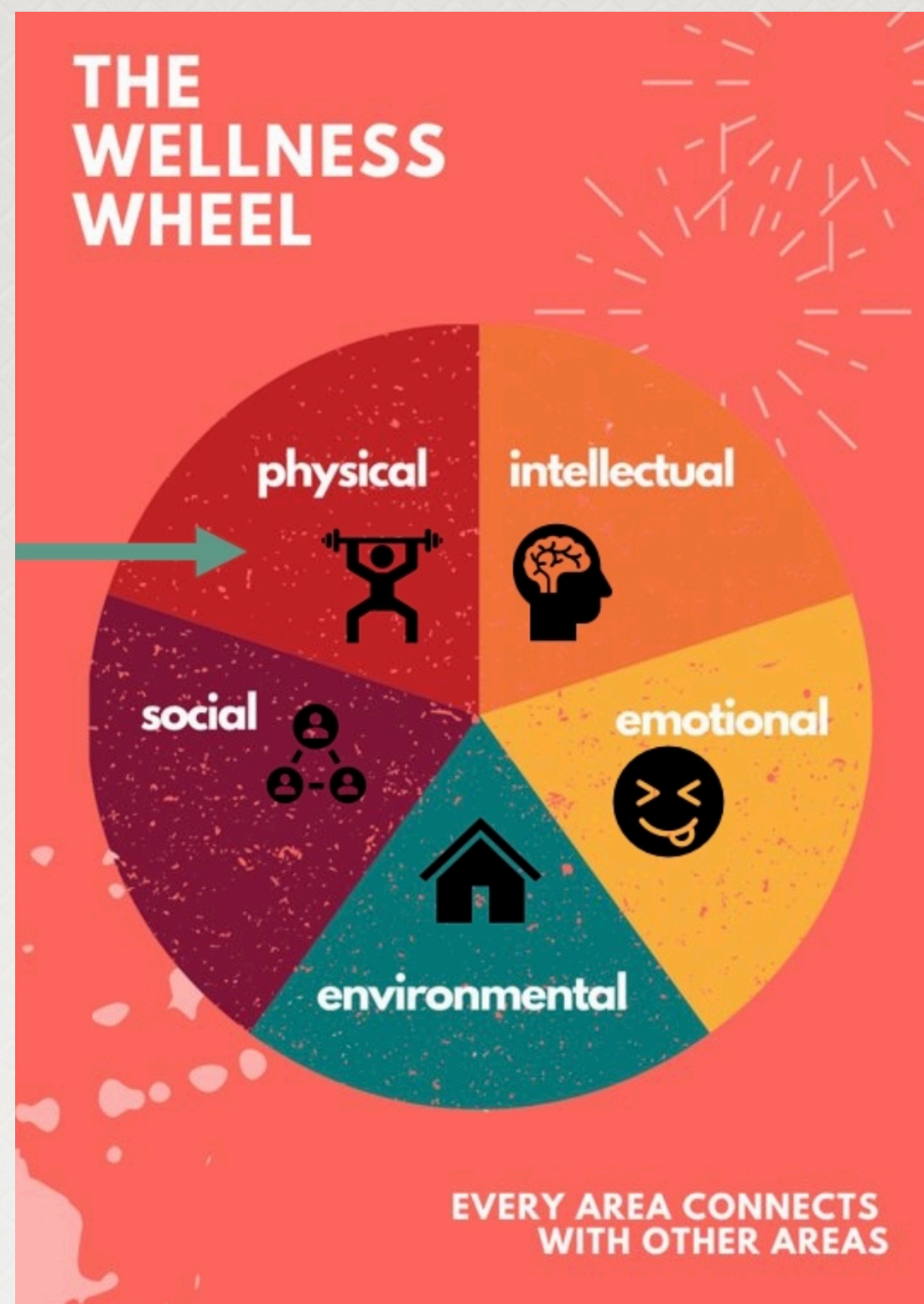


## *Myasthenia gravis*

*This disorder belongs to a larger family of muscular system diseases known as neuromuscular junction disorders. These disorders involve problems in transmitting information between the muscles and the nerve cells that control them. Myasthenia gravis results from an autoimmune disorder in which the patient's own antibodies interfere with the neurotransmitters. Patients suffering from this condition may experience difficulty breathing and performing routine muscle movements.*

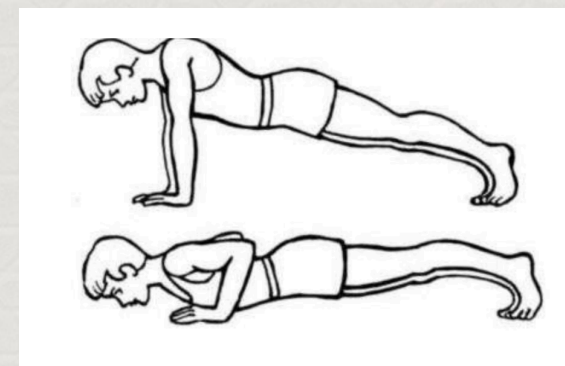


# CONNECTIONS TO THE AREA OF WELLNESS



## PHYSICAL

- IT'S CONNECTED TO THE PHYSICAL AREA BECAUSE WHEN YOU EXERCISE MORE AND PRACTICE MORE, YOU WILL HAVE STRONG MUSCLES. PUSH-UPS, SHOULDER TAPS, JUMPING JACKS.....THESE ARE EXERCISE THAT YOU CAN DO AT HOME.



- 15 push-ups per set
- 4 sets per day

**IT WORKS ON YOUR CORE AND ARM MUSCLES**

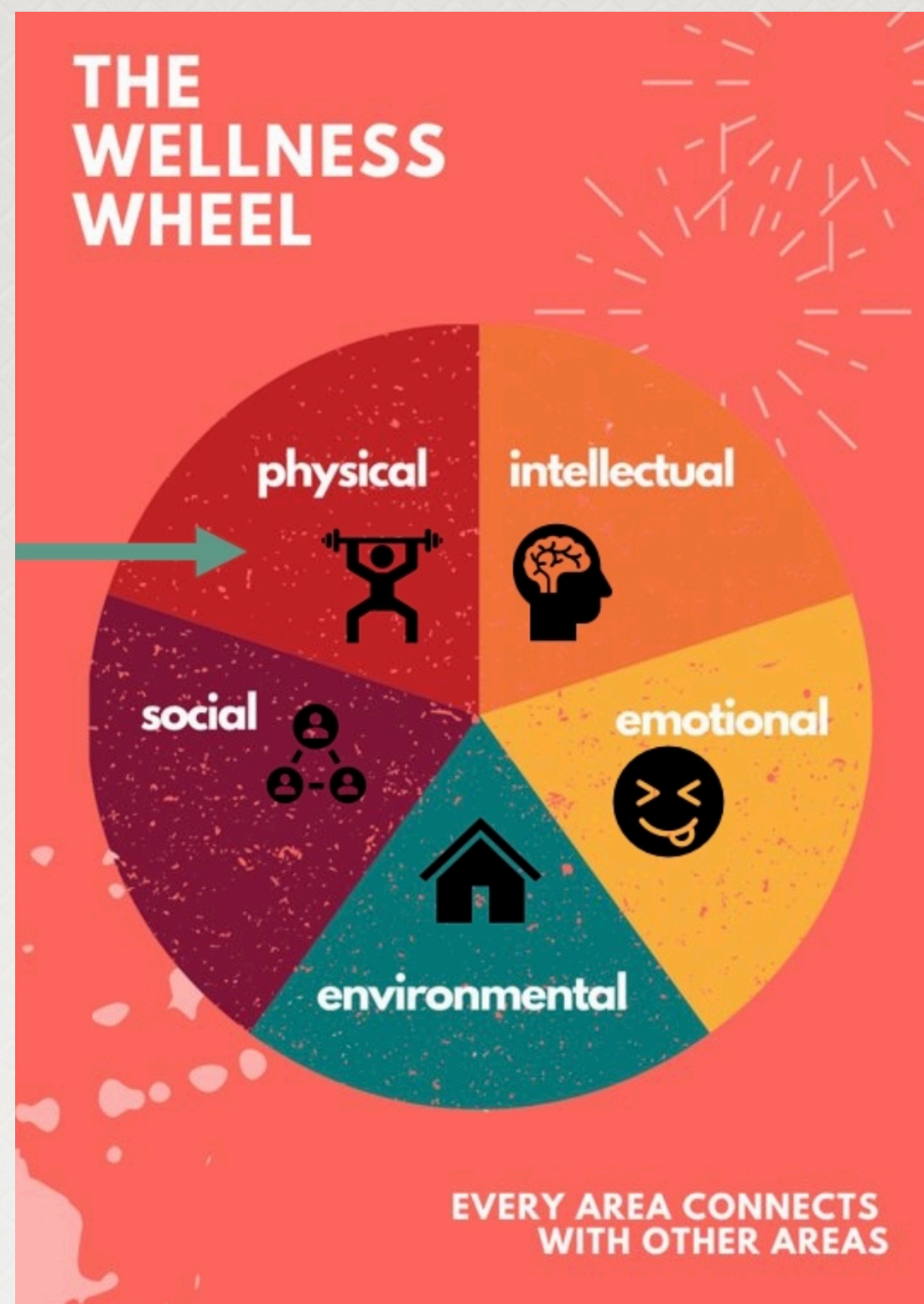


- 30 jumping jacks per set
- 5 sets per day

**IT WORKS ON YOUR CORE**



# CONNECTIONS TO THE AREA OF WELLNESS



## ***EMOTIONAL***

- IT'S CONNECTED TO THE EMOTIONAL AREA BECAUSE YOU DO YOGA, IT CAN CALMS YOUR BAD FEELING. YOU CAN'T DO ANYTHING WITH YOUR BAD FELLING HEPLS WITH YOUR FLEXIBILITY AND STRETCHES YOUR MUSCLES.

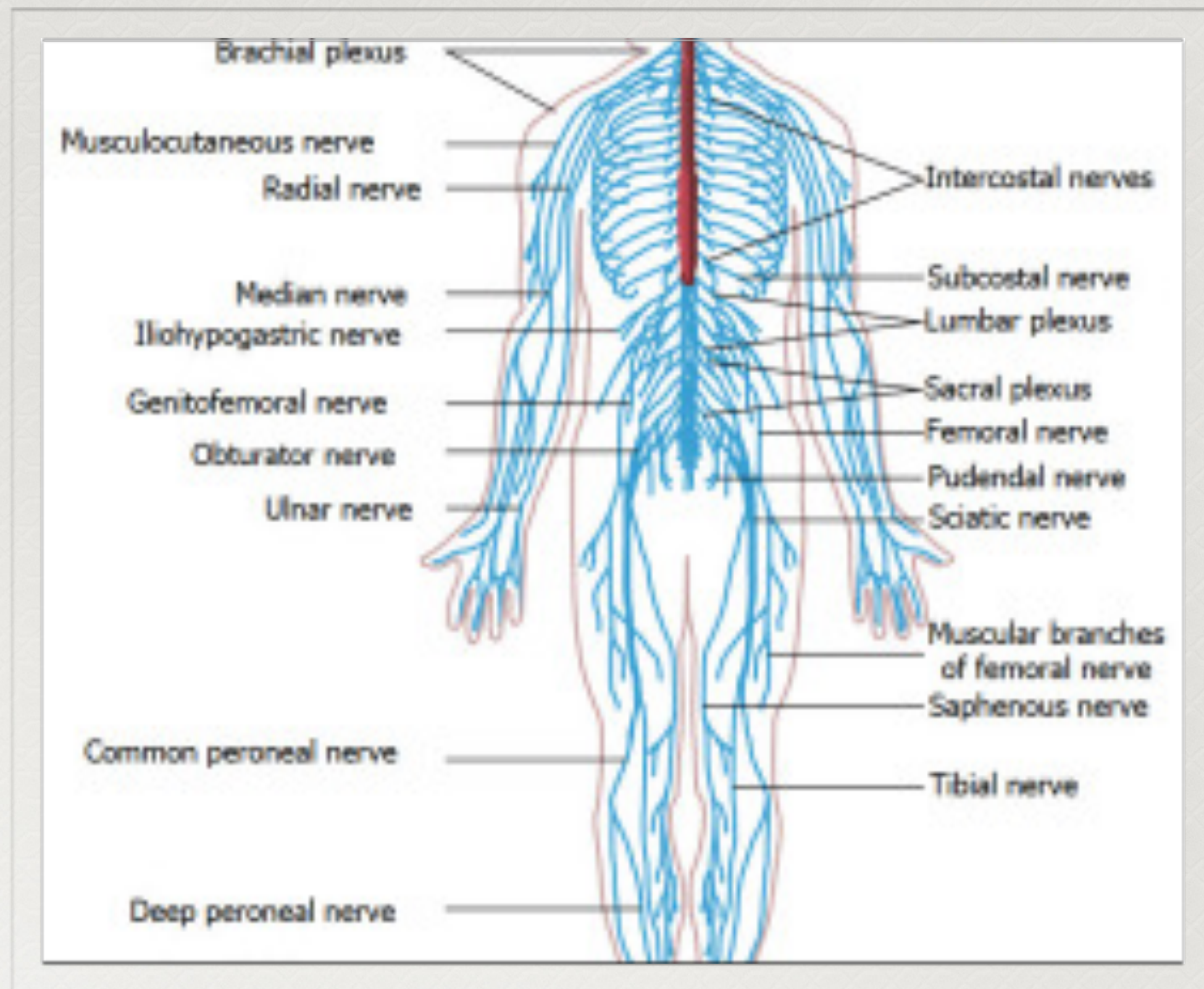
## ***BREATH-IN BREATH-OUT***

- *10 TIMES PER SET*
- *5 SETS PER DAY*





# CONNECTIONS TO THE OTHER SYSTEMS

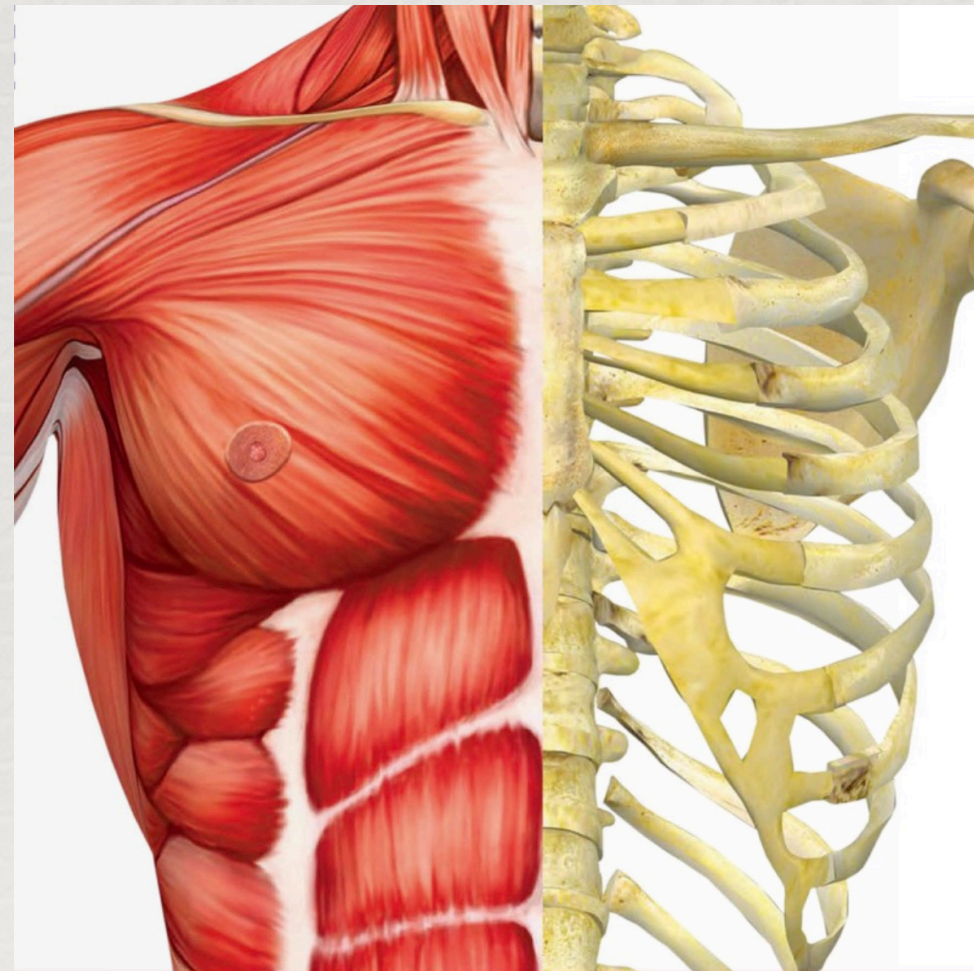


- ✦ *IT'S CONTROLLED BY THE CENTRAL NERVOUS SYSTEM.*
- ✦ *THE MUSCLES HELPS THE BONES TO MOVE.*



# DIFFERENT MUSCLES

## *SKELETAL MUSCLE*



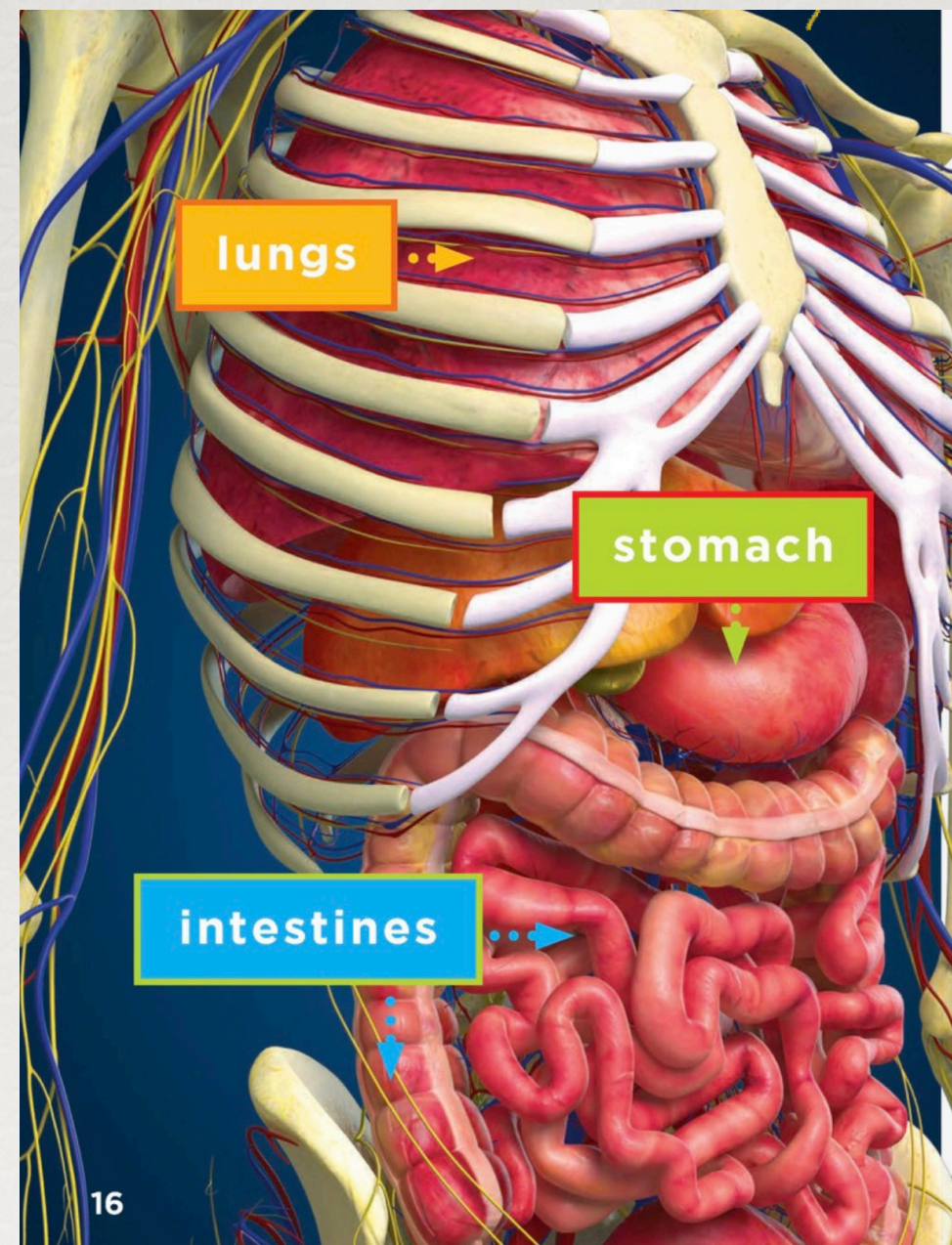
Up to half a person's weight  
is from skeletal muscle.

*WE CAN CONTROL OUR MUSCLES ALL THE TIME. SO THEY ARE CALLED VOLUNTARY MUSCLES. THEY CONNECT TO BONES IN OUR BODY. TO MOVE AN BONE, THEY WORK IN PAIRS. ONE MUSCLE SQUEEZE AND BECOMES SHORTER. THE OTHERS REST AND BECOMES LONGER.*



# DIFFERENT MUSCLES

## SMOOTH MUSCLES

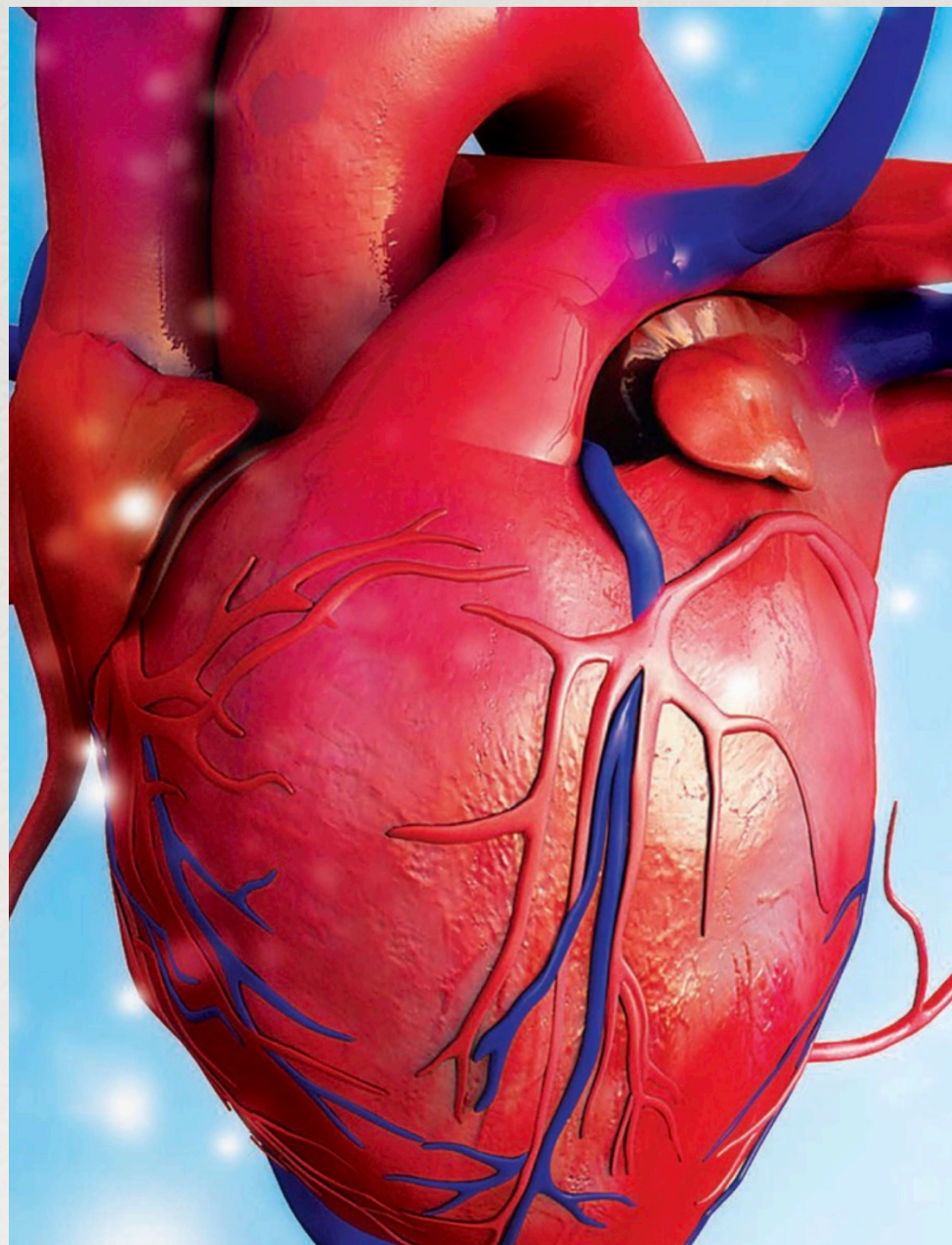


*THEY MOSTLY LIVE IN ORGANS. STOMACH MUSCLES MIX UP FOOD AND TURNS INTO SOUP. OTHER SMOOTH MUSCLES PUSH FOOD WASTE THROUGH THE INTESTINES. THAT WASTE COMES OUT FROM OUR BODY AS POOP. THEY ALSO PUSH BLOOD THROUGH OUR OWN BODY EVERY DAY. THEY FORCE OUT OF LUNGS TOO*



# DIFFERENT MUSCLES

## *CARDIAC MUSCLES*



*THE HEART IS MIGHTY. IT BEATS EVERY SECOND OF EACH DAY. THAT BEATING HAPPENS BECAUSE OF CARDIAC MUSCLES. THE MUSCLES IN THE HEART SQUEEZE TO PUSH BLOOD OUT. THEY TO LET THE BLOOD GO INSIDE.*



# *BIBLIOGRAPHY*

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- ✦ *SAFARI.COM*
- ✦ *BRAINPOP.COM*
- ✦ *MUSCLES BOOK*
- ✦ *RAZKIDS.COM*
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THANK YOU FOR LISTENING