The Muscular System pg. 482

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| What are the types of muscles?  What are the types of muscle tissue?  What are skeletal muscles, and what do they do?  What are the characteristics of skeletal muscles?  What are smooth muscles, and what do they do?  What are cardiac muscles, and what do they do?  How do muscles work?  summary: | 1. **Involuntary muscles** are not under your control (breathing, heartbeat, flinching, blinking, etc.)  2. **Voluntary muscles** are under your conscious control (smiling, turning pages, getting up, etc.)  1. Skeletal  2. Smooth  3. Cardiac  Skeletal muscles are attached to bones and provide force that moves your bones.  Skeletal muscles react quickly but also tire quickly. They are voluntary and look striped.  Smooth muscles are involuntary muscles that work automatically to control movements inside the body (line your organs).  Cardiac muscles are in the heart. They control heartbeats.  Muscles can only contract. They *work in pairs*- while one contracts, the other relaxes. |