**Muscular System**

1. **COMPONENTS**
   1. **Motor power**
   2. **Muscular tissue**
   3. **Contract actively**
   4. **Movements**
      1. **Under the control**
      2. **Activities**

**a. Breathing**

**b. Digestion**

**C. Pumping of blood**

1. **TYPES OF MUSCLES**
   1. **Skeletal muscles**
      1. **Human body weight**
      2. **Voluntary Control**
      3. **Major Movements**
      4. **Attached to skeleton**
      5. **Striated**
   2. **Smooth muscles**
      1. **Soft body organs**
2. **Stomach**
3. **intestine**
4. **Blood vessels**
   * 1. **Unconscious body activities**
5. **Digestion**
   * 1. **Non striation**
     2. **Involuntary control**
   1. **Cardiac muscles**
      1. **Human heart**
      2. **Strong and powerful**
      3. **Involuntary control**
      4. **Striated**
      5. **Pumping of blood**
6. **Contraction**
7. **FUNCTIONS**
8. **Movements**
   1. **Voluntary movements**
   2. **Contracting actively**
9. **Expense of energy**
   1. **Body motors**
10. **Chemical energy**
11. **Mechanical work**
12. **Stability and posture**
    1. **Joints**
13. **weak**
14. **Muscles support**
15. **Achieve Stability**
16. **Heat production**
    1. **Body’s energy**
    2. **Metabolic rate**
    3. **Cold climates**
17. **Circulation**
    1. **Cardiac muscles**
    2. **Regular pumping**
18. **Blood in motion**
19. **Nutrients available**
20. **Helping Digestion**
    1. **Smooth muscles (organs)**
21. **Stomach and intestine**

**-Digestion process**