**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**