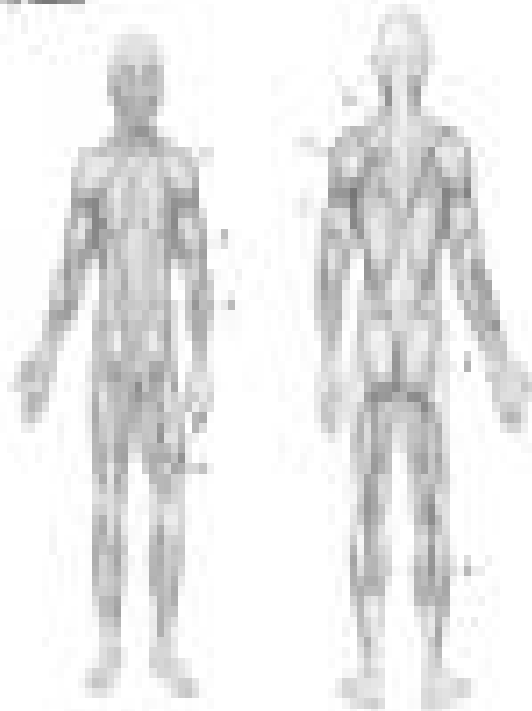


The muscular system

1. Name



Neck muscles
 Arms
 Shoulders
 Leg muscles
 Back/Trunk muscles

Abdominal muscles
 Triceps
 Triceps
 Biceps

- 1) Don't forget: Bone and connective tissue system
 - 2) The skeletal system is composed of systems made of bones
 - 3) Bone structure: \rightarrow compact
 - 4) The osteoblasts are located in the \rightarrow endosteum
 - 5) The osteoclasts are located in the \rightarrow endosteum
 - 6) The bone density can be increased \rightarrow calcium \rightarrow vitamin D
 - 7) \rightarrow osteoporosis / osteoarthritis occurs due to bone density loss
 - 8) There are over 600 muscles in the body and 60-70% are skeletal muscles
 - 9) skeletal muscles are striated and perform the majority of movements
- 10) Function: contract force \rightarrow work**

muscle - bone - joint - movement

