Lesson Seven

Sports Medicine I

Unit Two: Anatomy

Muscular System – Muscle types, Characteristics, & Function

INTRODUCTION

Myo Striated

Tendon Voluntary

Contraction Involuntary

Muscles provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the body.

Excitable Contractable

Extensible Elastic

Muscle Types

 Smooth

 Cardiac

 Skeletal