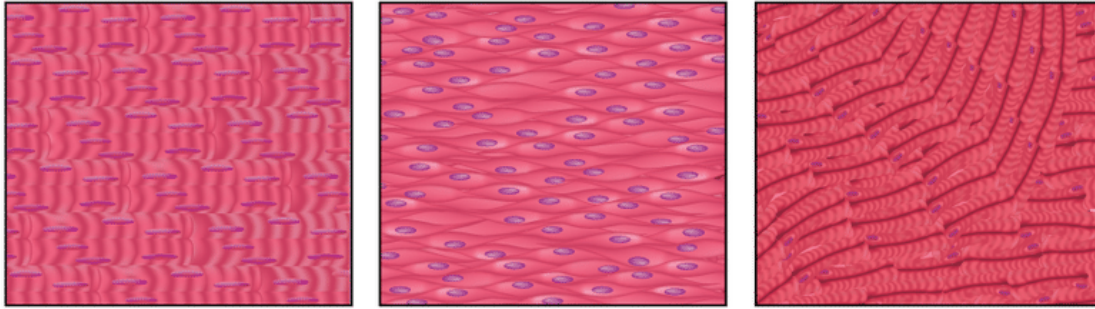


Types of Muscle Tissue



Skeletal Muscle

Smooth Muscle

Cardiac Muscle

Smooth Muscle

Muscle tissue in the walls of internal organs such as the stomach and intestines is smooth muscle. When smooth muscle contracts, it helps the organs carry out their functions. For example, when smooth muscle in the stomach contracts, it squeezes the food inside the stomach, which helps break the food into smaller pieces. Contractions of smooth muscle are involuntary. This means they are not under conscious control.

Skeletal Muscle

Muscle tissue that is attached to bone is skeletal muscle. Whether you are blinking your eyes or running a marathon, you are using skeletal muscle. Contractions of skeletal muscle are voluntary, or under conscious control. When skeletal muscle contracts, bones move. Skeletal muscle is the most common type of muscle in the human body.

Cardiac Muscle

Cardiac muscle is found only in the walls of the heart. When cardiac muscle contracts, the heart beats and pumps blood. Cardiac muscle contains a great many mitochondria, which produce ATP for energy. This helps the heart resist fatigue. Contractions of cardiac muscle are involuntary, like those of smooth muscle. Cardiac muscle, like skeletal muscle, is arranged in bundles, so it appears striated, or striped.

Review

1. Sketch the 3 types of muscle cells
1. Compare and contrast the three types of muscle tissue.
2. Which type of muscle cells are striated?
4. Where is smooth muscle tissue found?
5. What is the function of skeletal muscle? Give an example.