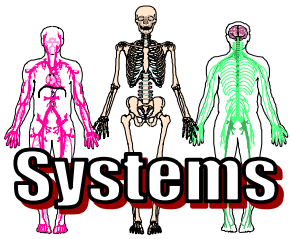
Research Tasks

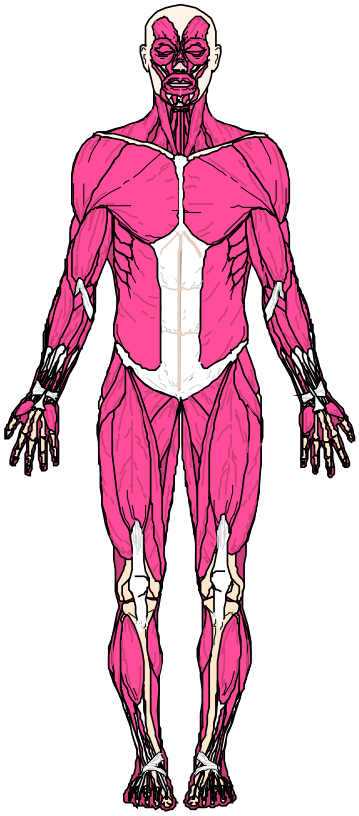
Muscular System



Muscles are found everywhere in your body. They are usually attached to your bones, and allow your body to move, breathe and digest food.

Labels

Biceps	Pectoralis
Triceps	Temporalis
Intercostals	Tibialis
Quadriceps	Flexor
Adductor	Trapezius



Key Words

Muscle	Myasthenia gravis
Fibre	Steroids
Lactic acid	Musculoskeletal
Cardiac	Sartorius
Skeletal	Side-effects
Smooth	Isometric
	Isotonic

Research Ideas

- What are the different types of muscle in the human body?
- Draw a diagram of muscle fibre.
- What is the longest muscle in the body, and where is it located?
- How does lactic acid effect muscle movement?

Advanced Research

- Name the causes, symptoms and treatment of 'myasthenia gravis'.
- Explain how steroids can increase muscle mass.
- What are the side effects of using steroids?
- Outline the difference between isotonic and isometric exercise.

Presentation Ideas

Design a wall display with diagrams and facts. Make sure your titles are big and bold, and that your work is as neat as possible.

Give a talk to your class. Prepare some diagrams (maybe on overheads) to help illustrate your presentation.

Internet Search Terms
(we recommend "google.com")

- "types of muscle"
- "muscular system"
- "muscle fibre"
- "longest muscle" + human
- steroids + "side effects"

Websites

- http://www.howstuffworks.com/muscle1.htm
- http://www.innerbody.com/image/musfov.html
- http://sportsmedicine.about.com/library/weekly/aa053101a.htm
- http://encyclopedia.com/html/m1/muscle.asp
- http://www.ninds.nih.gov/health_and_medical/pubs/myasthenia_gravis.htm