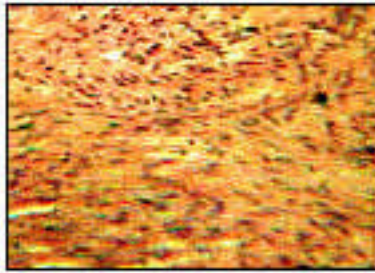


Cardiac muscle



Smooth muscle

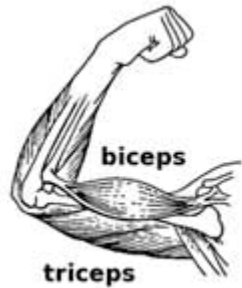


Skeletal muscle

Cut and fold on dotted lines.
Attach this side to lapbook.

Describe each muscle type and give some examples. There is a space to draw or glue a picture of each type.

I added another option of no drawing or picture too.



The Muscular System



Involuntary
Muscle

Cut out and fold on dotted
lines

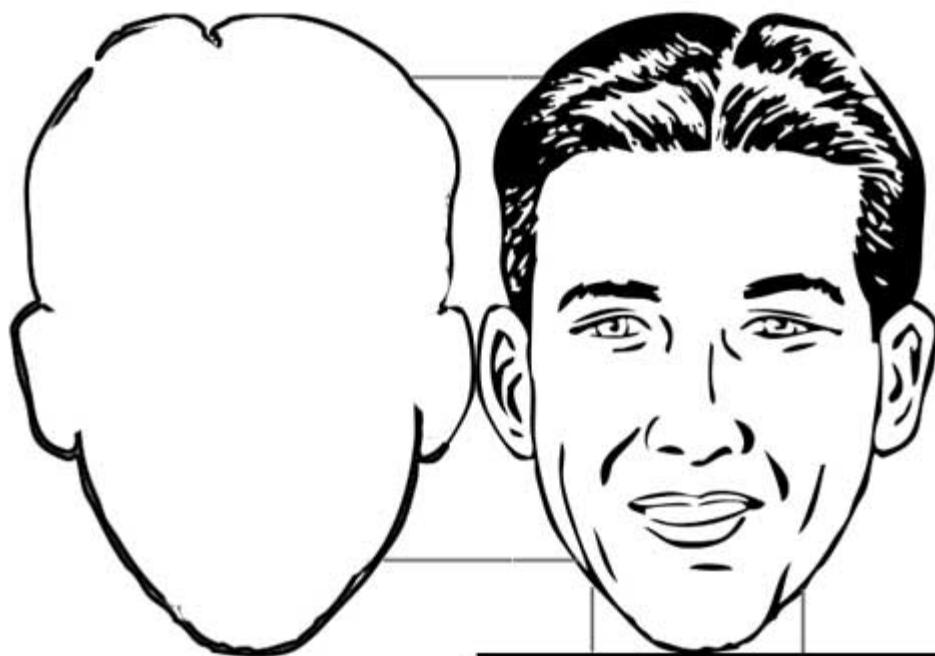
Attach this side to lapbook

Voluntary
Muscle

Name which muscles are voluntary
and which are involuntary. Also, tell
what that means.

Any Volunteers

| | | |
|-------|-------|-------|
| | | |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

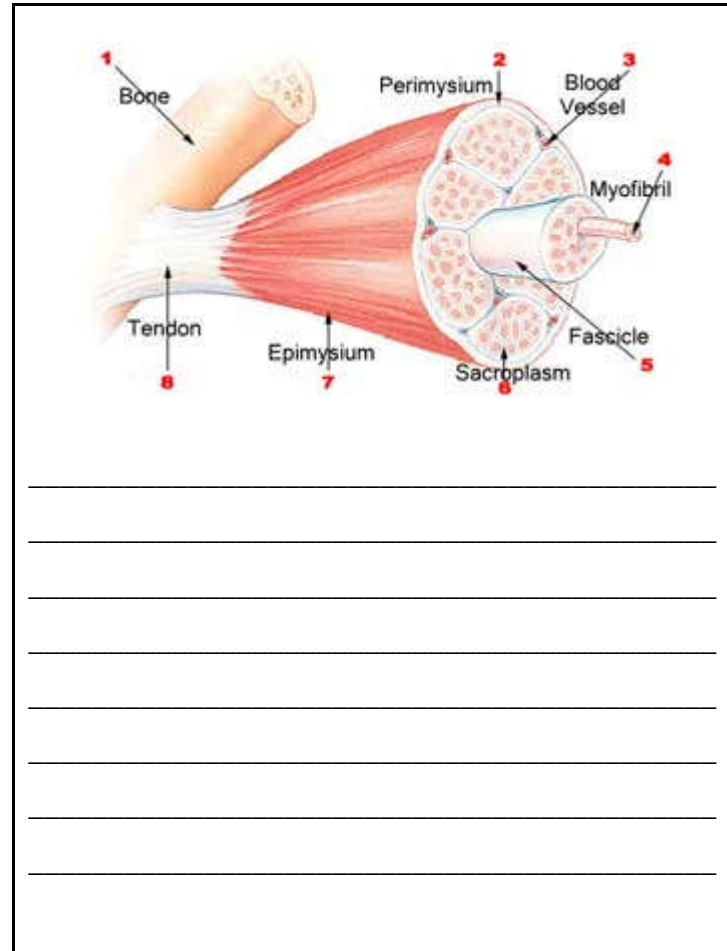


Face muscles

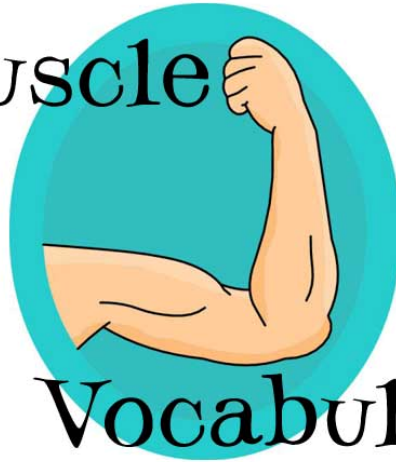
Muscle Growth



Cut out and fold on dotted line.
Record how muscle grows.
Attach this side to lapbook.



Muscle



Vocabulary

gluteus
maximus

masseter

atrophy

tendonitis

myofibrils

filaments

muscle
tone

striated

glucose

anaerobic

lactic acid

Print this page out as needed for extra vocabulary cards. Use the lines on the next page to write definitions or information for each vocabulary word, or the student can write straight on the back of each card.

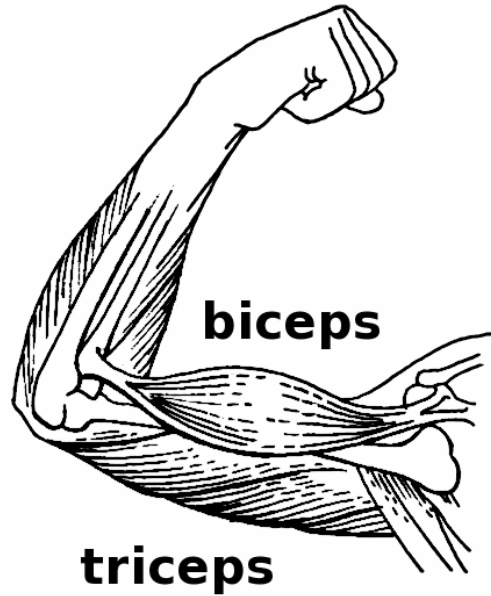
A large, empty rectangular box with a thick black border, intended for writing a definition or additional information for a vocabulary word.A large, empty rectangular box with a thick black border, intended for writing a definition or additional information for a vocabulary word.A large, empty rectangular box with a thick black border, intended for writing a definition or additional information for a vocabulary word.

Blank writing area with 10 horizontal lines.

Blank writing area with 10 horizontal lines.

Blank writing area with 10 horizontal lines.

Antagonistic Muscles



Staple or glue this under the title, Antagonistic Muscle

Extensor Muscles

Flexor Muscles
