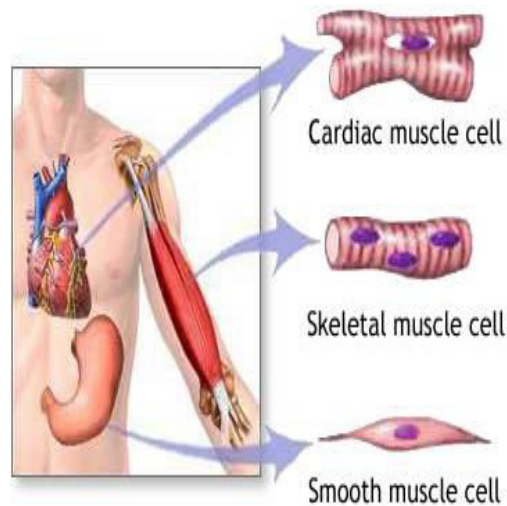


**Sangam SKM College-Nadi**  
**Year 9 & 10**  
**Physical Arts**  
**Worksheet 4**

Objective: students to understand the types of muscle and how it works  
Sub-strand: Exercise Physiology

Types of muscles:



- **Smooth /Involuntary**

This type of muscle is located in the lining of the stomach and gut, the walls of blood vessels and inside our eyes. It performs a number of different functions, each of which takes place without our conscious control.

- **Skeletal / Voluntary**

This type of muscle is what we normally think of when we talk about muscles. Skeletal muscles form approximately 40% of our body weight, and is responsible for bodily movement, posture, facial expressions and many other movements. Since these muscles are under our conscious control.

- **Cardiac Muscle**

This type of muscle is found only in the heart. Its function is to force the blood around the body. This is a special kind of involuntary muscle: as well as working automatically, cardiac muscle does not get tired.

### Questions

1. Name two examples of skeletal muscles found in our hands and legs?
2. Which type of muscle helps us to move from one place to another?
3. List and explain any two functions of muscles?
4. Which type of muscles is not under our control?