

Biology Bricks Keywords

What This is About

Please use this document to help further your knowledge, by printing out the keywords associated with the relevant page.

This document is set up for you to cut out the keywords (and laminate them if you think it will help), to be used as a quick guide reference for the subject matter that is included.

Warning

Please note: the keywords included in this document are those that link with the page subject matter. They may relate to other pages as well, but they are meant for the page that the link is provided from. Use them as a resource as you so wish.

Printing

Please feel free **not** to print this page of the document, it is merely a reference and information page.

Muscles

We need muscles in order to move. Without them, we would be a pile of bones inside a skin bag.



Contract

Muscles contract, meaning they get tighter. This is part of a two-way system of contracting in opposite directions as a pair.



Stretch

Stretching is a way to improve the tone of the muscle, and also helps you warm up before you do some exercise.



Cardiac

Cardiac muscles are found only in the heart, and allows us to pump blood around the circulatory system. They move involuntarily.



Skeletal

Skeletal muscles attach to bone and skin. They are voluntary muscles as we don't have to move them, but they require energy in order to do so.



Smooth

Smooth muscles line the internal organs – stomach, lungs, intestines – and they too carry out involuntary movements.



Multipennate

These muscles have many connections to the bone they are connecting to. They are typically located at the deltoid, and work your shoulder.



Bipennate

Bipennate muscles have two connections, and they form what are commonly known as the quads.



Unipennate

A single muscle connection requires a unipennate muscle. They are located at the fingers, and are called Palmar interossi.



Convergent

Some of the largest muscles in your body, convergent muscles are thick and have many connections to bone, in order to be able to pull quickly.



Parallel

This muscle type is a long line of muscle that has continuous connections. These are located in the abdomen areas.



Fusiform

These muscles have tendons at each end, and connect to bone. A common one is called the biceps.

