

Mr. Williams Health-Human Body

April 20-24

I have given you guided notes for the Muscles Unit. Please complete the notes (either type them out or print complete and send pictures of completed work). Please use the text to help you with the information. You are also welcome to use the power of the internet

Go to www.g-wonlinetextbooks.com

Username: fcsd38

Password: eh18

1. Click on Essential Health, 2nd Edition
2. Scroll down and click Chapter 10: Alcohol
3. The book should load to page 284 (numbered on the bottom). Read pages 284-292.
4. At the bottom of page 292 you will see Lesson 10.1 Review.
5. Next to Know and Understand, click the arrow. A new screen should pop up.
6. Fill out questions 1-7.
7. Fill out Your Name, Your Email (it is recommended that you click the box to send a copy of your work to yourself!). If you are able to, save the work to your google drive and import it to google classroom. If you are unable to because you are completing on your phone email it to your teacher. Make sure you send your work to your health teacher (Some of you have been emailing your work to the wrong teacher) !!!!!

Instructors email: Mr. Williams = Jwilliams@fairborn.k12.oh.us

8. Use the green Save box if needed. Click the box next to "I confirm my input is correct and am ready to submit"

9. Click the box next to "I confirm my input is correct and am ready to submit." Click Send when you are finished.

Muscle Notes

Muscle Functions (voluntary, involuntary)

1. Body Movement
2. Body form, shape, posture
3. Body Heat

Types of Muscle

1. Skeletal
2. Smooth
3. Cardiac
4. Sphincter

Muscle Attachments and functions

Tendon-

origin-

insertion-

belly-

explain how muscles work.

What effect does aging have on muscle?

Muscle tone

Muscle tone-

isotonic-

isometric-

atrophy-

hypertrophy-

Effects of training on Muscle Efficiency

Effects of training on Muscle Strength

Massage (effect on the muscle and types of)

Musculoskeletal Disorders

strain-

Spasm-

myalgia-

hernia (types)-

torticollis-

Dystrophy-

Careers(Chiropractors, Sports Medicine/Athletic Training, Massage Therapy)
