

# MUSCLE

- Specialized to generate force/shortening
- Useful for maintaining homeostasis
  - Interact with external environment
    - Skeletal muscle
      - Locomotion, posture
  - Interact with internal environment
    - Smooth muscle
      - Digestion (gut); blood distribution (vasculature)
    - Cardiac
      - Pumps blood

# TYPES OF MUSCLE

- Skeletal
  - Attached to bones
    - Voluntary control (mostly)
- Smooth
  - Surrounds hollow organs
    - Gut, vasculature
    - Involuntary control
      - Intrinsic, neural, hormonal
- Cardiac
  - Heart (only)
  - Involuntary control
    - Intrinsic, neural, hormonal

**END**

**Video 1, Module 3**