**Topic Key Concepts**

Muscles

Smooth Muscles

Muscles that are involved in involuntary bodily functions.

Peristalsis

Blood vessel movements

Bladder contractions

Cardiac Muscles

Muscles found in the heart that contract in order to push blood in to the remainder of the body.

Skeletal Muscles

Muscles attached to bones by tendons

Voluntary movement

Affect posture

Slow twitch

Fast twitch

Musculoskeletal System

The network of muscles working together with the skeleton to promote bodily functions, movements in space, and posture.