

# Skeletal System

Skeletal system - made up of the bones and cartilage that form the framework of your body

## Four main jobs

- to support your body and give it shape
- to protect your internal organs
- to provide a scaffolding for your muscles, allowing you to move
- to store minerals and make blood

Joints - parts of the body where two or more bones meet  
ex. elbow, knee

Ligaments - connective tissue, hold the bones of many joints together.

Adult human skeleton is made up of 206 Bones

# Muscular System

Muscular System - includes the muscles that help you move, and muscles that help things inside your body move.

## Types of Muscles

- Skeletal muscles
- Smooth muscles
- Cardiac muscles

Skeletal muscles - contract to move bones

Tendons - attach skeletal muscles to bone

Smooth muscles - found in the walls of many organs.

Cardiac muscles - found only in the heart

Voluntary muscles - you have control over their movement  
ex. skeletal muscles

Involuntary muscles - not under your conscious control  
ex. smooth & cardiac muscles