

Muscular System Station Questions:

Station one: Eating bread (smooth muscle)

- 1) Imagine chewing and swallowing a piece of bread. Write down your observations.
- 2) What muscle type is working and why? What evidence can you give to support your conclusion?
- 3) What is the importance of smooth muscle in the digestive tract? Give reasons.
- 4) Looking back at the nervous system, which division of the nervous system is responsible for smooth muscle?

Station two: Jumping jacks (cardiac muscle)

- 1) Count your number of heartbeats for 30 seconds (this is while you are at rest). Multiply by two to generate the number of heartbeats in a minute. Record.
- 2) Jump back and forth for 1 minute.
- 3) Measure and record beats per minute again. Record. Notice the difference.
- 5) Why would regular exercise and diet benefit the heart?

Station three: Jumping jacks (skeletal muscle)

- 1) Just as above, continue to do jumping jacks for another 4 minutes.
- 2) Rest for 30 seconds and try experiment again.
- 3) What were the results? Explain in your own words why you could not carry out the activity as well the second time around.
- 4) Describe how and why a skeletal muscle disorder would not only affect the function of the muscular system, but how it would have effects on other body systems.