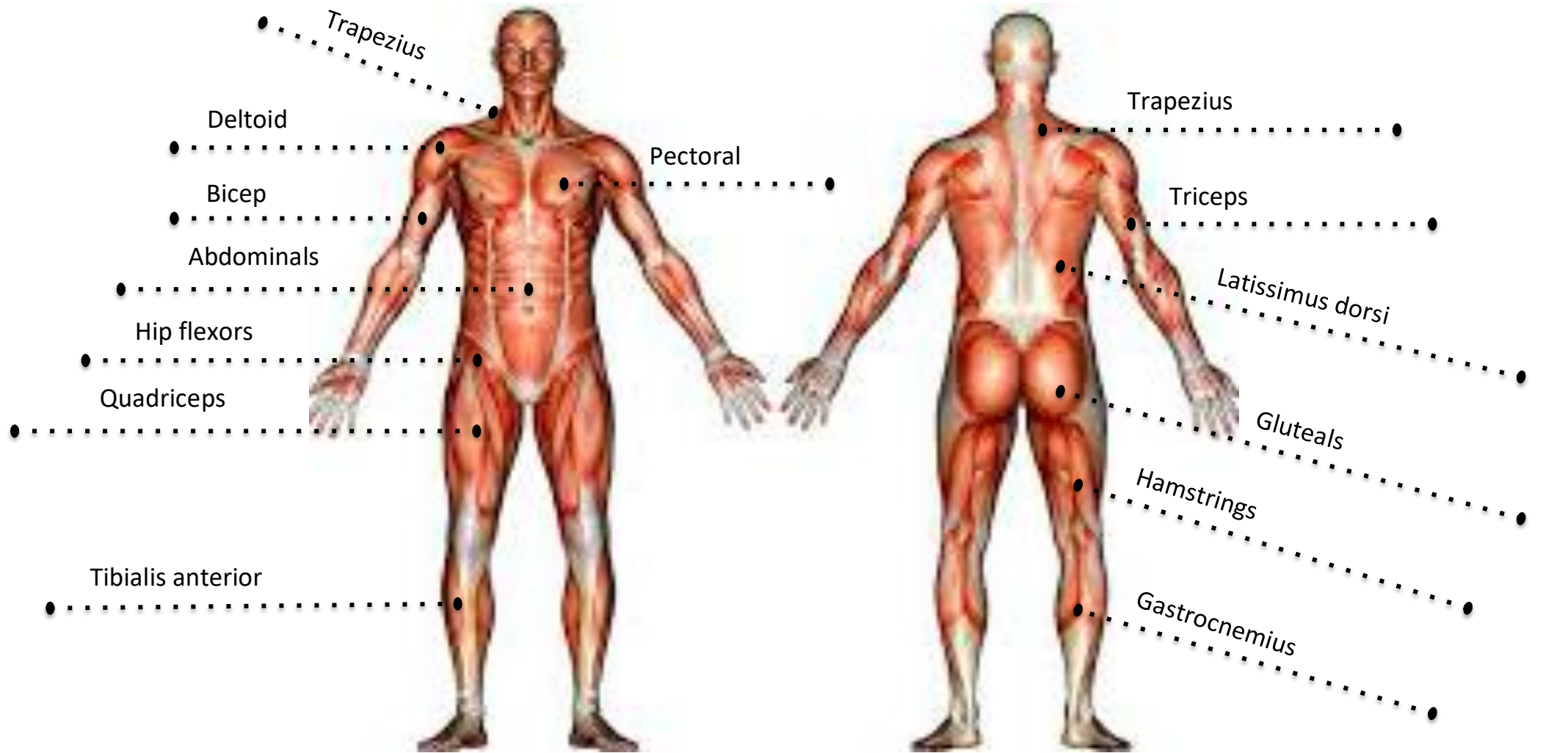


Muscular System

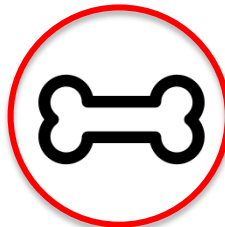
Chapter 1 - Knowledge Organiser



Where a muscle joins a stationary bone



Origin



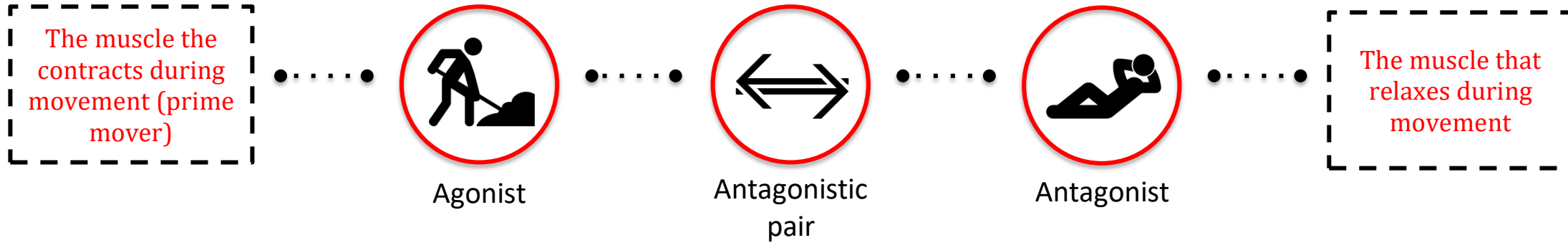
Insertion



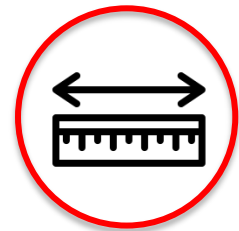
Where a muscle joins a moving bone

Muscular System

Chapter 1 - Knowledge Organiser

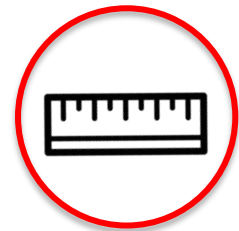


Muscle Contractions



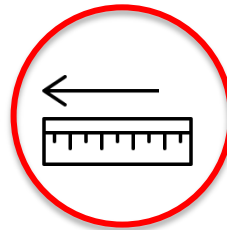
Isotonic contractions

Where muscles change length as they contract



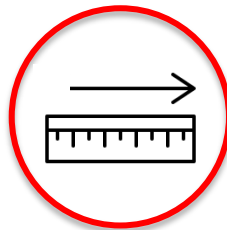
Isometric contractions

Where muscles contract, but stay the same length



Concentric contractions

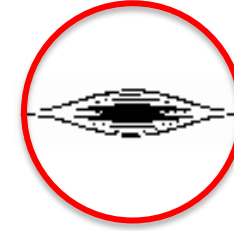
Muscle contractions where the muscle shortens



Eccentric contractions

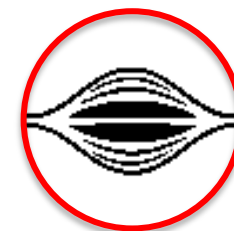
Muscle contractions where the muscle lengthens

Muscle Fibers



Slow twitch fibers

Use oxygen. They take longer to get going but can work for longer



Fast twitch fibers

Thicker, quicker to contract and more powerful, but tire quicker