

Vocabulary Cards

Muscle	Tissue or organ of the body with the ability to contract
Tendon	Tissue that holds muscles to bones
Cardiac muscles	Muscle tissue that makes the heart organ
Smooth muscles	Involuntary muscles found in the skin, organs of the digestive system, blood vessels, and other internal organs
Striated muscles	Voluntary muscles that move the bones and cartilage of the skeleton

Contract	To make smaller in size or length by squeezing or forcing together
Voluntary	Done by one's own choice
Involuntary	Not done by choice
Tone	Muscles that have been exercised and are quick and powerful
Muscular System	The group of tissues and organs that contracts to move body parts