

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. Sec - B (1)

Topic Name: Structural Classification of Muscles

Lecture No.: 4

Lecture Title
Structural Classification of Muscles – 2

Summary

In muscle it is important to remember the general pattern of the structure and function of voluntary muscle tissue which has already been described. In addition, some further general information on the structure of muscles, and the way in which they work, will be required before the important muscles can be adequately described. Muscle is capable of contracting to a great extent producing movements. There are 3 kinds of muscle-

- 1. Skeletal Muscles**
- 2. Smooth Muscles**
- 3. Cardiac Muscles**