Types of Muscle

Skeletal Muscle	Make up the bulk of body muscle tissue. Responsible for movement.
Cardiac Muscle	Found only in the heart. Myogenic, meaning they contract without a need for a nervous stimulus, causing the heart to beat in a regular rhythm.
Involuntary Muscle (aka smooth muscle)	Involuntary muscle cells are found in many parts of the body. They can be found in the walls of hollow organs such as the stomach and bladder. Also found in the walls of blood vessels and the digestive tract, where through peristalsis they more food along the gut.

Skeletal Muscle- key facts!

- Striated
- Voluntary control
- Regularly arranged so muscle contracts in one direction
- Rapid contraction speed
- Short length of contraction

Cardiac Muscle- key facts!

- Specialised striated
- Involuntary movement
- Cells branch and interconnect, resulting in simultaneous contraction
- Intermediate contraction speed
- Intermediate length of contraction

Involuntary Muscle - key facts!

- Non-striated
- Involuntary control
- No regular arrangement, different cells can contract in different directions
- Slow contraction speed
- Can remain contracted for a relatively long time

Structure of Skeletal Muscle - Muscle Fibres

-Bundles of muscle fibres which are enclosed in the sarcolemma.
-Contain lots of nuclei and are much longer than normal cells, as they are formed as a result of many individual embryonic muscle cells fusing together. This makes the muscle stronger as the junction between adjacet cells would act as a point of weakness.
-Shared cytplasm is called the saroplasm.
-Parts of the sarcolemma fold inwards (T tubules) to help spread electrical impulses throughout the sarcoplasm. This ensures that the whole of the fibre receives the impulse to contract

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