

# Muscular system outline

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Muscular System Paper Topic: Muscular System Organ System The organ system to be written on is muscular system. Muscular system is a body organ system, which comprises of the cardiac, smooth, and skeletal muscles (Olien, 2006).

Role of the organ system

This system is involved in maintaining the body posture, facilitating body movements, and enhancing blood circulation in the body. The system enables maintenance of homeostasis through support of blood circulation in the body.

How the system affects other body systems

Muscular system affects other body systems by providing the necessary force for body movement, as well as responding to nerve impulses. This system is also involved in the generation of energy, which is used in the other body systems.

Research

Current research is focused on the fundamental movement skills among the adolescents and adults, which are essential in social, cognitive, and physical development among the children (Lubans et al., 2010). Another research on muscular system is on the testing of strength and rowers training (Lawton et al., 2011).

What is being accomplished

The relationship between physical activity and fundamental movement skills. The second research is focusing on establishing the relationship between strength and competition abilities of peers.

What the research has taught

This research has established that children physical activity is associated

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with fundamental movement skills. The second research has established that elite rowers are stronger in comparison to less competitive peers. This was based on the relationship, which exists between lean body mass and strength. Moreover, the research established that maximal strength could only be attained and sustained in cases where infrequent, but intense units of strength training were used

#### Researchers Questions

Researchers still have questions on the relationship between behavioral and physiological outcomes in adolescents and children and fundamentals movement skills (Lubans et al., 2010). On the second research, researchers have a question on whether training should focus at attainment of optimal strength, power, and endurance, so that performance would be enhanced in the competition phase (Lawton et al., 2011).

#### Reference List

- Lawton, T. W., Cronin, J. B., & McGuigan, M. R. (2011). “ Strength Testing and Training of Rowers.” *Sports Medicine*, 41 (5), 413-432.
- Lubans, D. R., Morgan, P. J., Cliff, D. P., Barnett, L. M., & Okely, A. D. (2010). “ Fundamental Movement Skills in Children and Adolescents: Review of Associated Health Benefits.” *Sports Medicine*, 40(12), 1019-1035.
- Olien, R. (2006). *The Muscular System*. United States of America: Capstone Press.