

Переведите письменно текст со словарем (время на выполнение перевода 45 минут). Обязательный объем текста для перевода – 1400 печатных знаков (до черты). За перевод дополнительного объема текста (после черты) добавляется 1 балл.

What Are the Muscles and What Do They Do?

Bones don't work alone. They need help from the muscles and joints. Muscles pull on the joint and allow us to move. They also help the body to perform other functions so we can grow and remain strong.

The human body has more than 650 muscles, which make up half of a person's body weight. They are connected to bones by tendons, which allow the muscles to pull on bones.

Humans have three different types of muscles:

Skeletal muscle is attached to bone, mostly in the legs, arms, abdomen, chest, neck, and face. Skeletal muscles are called striated because they are made up of fibers that have horizontal stripes. These muscles hold the skeleton together, give the body shape, and help it with everyday movements. They are known as voluntary muscles because you can control their movements. They can contract quickly and powerfully, but they tire easily and must rest between workouts.

Smooth or involuntary muscle is also made of fibers, but this type of muscle looks smooth and not striated. Generally, we can't consciously control our smooth muscles. They're controlled by the nervous system automatically, so they are also called involuntary. Examples of smooth muscles are the walls of the stomach and intestines. They help to break up food and move it through the digestive system. Smooth muscle is also found in the walls of blood vessels. It squeezes the stream of blood which flows through the vessels and helps to maintain blood pressure. Smooth muscles can contract for a long time because they don't tire easily.

(1400)

Cardiac muscle is found in the heart. The walls of the heart's chambers are composed almost entirely of muscle fibers. Cardiac muscle is also an involuntary type of muscle. Its rhythmic, powerful contractions force blood out of the heart as it beats.