

- **Cells**: long, cylindrical, multinucleate, and have striations (stripes)
 - AKA muscle fibers
- ◻ 2. **Cardiac Muscle**
 - Muscle tissue found in the heart (involuntary control)
 - Contractions cause pump-like action, propels blood through vessels
 - **Cells**: short, branching, uninucleate, and have striations
 - Tightly held together by gap junctions at areas called: **intercalated disks**
- ◻ 3. **Smooth Muscle**
 - No visible striations
 - **Cells**: uninucleate, spindle shaped (pointed on each end)
 - **Location**: walls of hollow organs (stomach, uterus, blood vessels)
 - Contractions make cavity smaller (constricts organ) and enlarges cavity upon relaxation (dilates organ)
 - **Peristalsis**- wavelike motion to keep food moving through gastrointestinal tract
- ~ **Nervous Tissue**
 - Cells= neurons
 - **Function**: receive/conduct electrochemical impulses from one part of body to another
 - **Irritability** (receiving) and **conductivity** (sending)
 - Cell body consists of long extensions of cytoplasm (up to 3+ feet long)
 - ◻ Brain, spinal cord, nerves