Smooth Muscle. Smooth muscle is found inside of organs like the stomach, intestines, and blood vessels. Because visceral muscle is controlled by the unconscious part of the brain, it is known as involuntary muscle—it cannot be directly controlled by the conscious mind.
Cardiac Muscle. Cardiac muscle is found only in the heart. Cardiac muscle tissue cannot be controlled consciously, so it is an involuntary muscle.
Skeletal Muscle. Skeletal muscle is the only voluntary muscle tissue in the human body—it is controlled consciously. Every physical action that a person consciously performs (e.g. speaking, walking, or writing) requires skeletal muscle. Most skeletal muscles are attached to two bones across a joint, so the muscle serves to move parts of those bones closer to each other.

**Structure of a Skeletal Muscle**

- Bone
- Perimysium
- Blood vessel
- Muscle fiber
- Tendon
- Epimysium
- Endomysium
- Fascicle