

The Muscular System Worksheet

Instruction: The diagram shows some of the bones and muscles of the human body.



1. State one function of the Muscular System. (1)

2. Identify the parts of the diagram labelled (2):

A _____

B _____

3. Using the words below, state which muscles must **CONTRACT** to do the following (4):

TRICEP	BICEP	HAMSTRING	QUADRICEP
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- i. Bend the arm at the elbow _____
- ii. Straighten the arm _____
- iii. Bend the leg at the knee _____
- iv. Straighten the leg _____

4. Name the type (**cardiac**, **smooth** or **skeletal**) of muscle (4):

- i. Found only in the heart _____
- ii. Found in the digestive organs _____
- iii. Helps with walking _____
- iv. Helps with birth _____

5. Name the type (**involuntary** or **voluntary**) of muscle that you (2) :

- i. Cannot control _____
- ii. Can control _____

6. What do you call muscles that move in opposite pairs? (1)

7. Explain what has to happen to your muscles in order for them to raise and lower bones. (1)
