Name: _____

Grade & Section: _____

Date: _____

Time: _____

huntersweedsjsh

The Muscular System

Write the letter of the best answer on the blank before the number.

_____ 1. Also called voluntary muscles because you can use thought to control them
A. cardiac muscles B. skeletal muscles C. smooth muscles

_____ 2. Also called involuntary muscles because you cannot use thought to control them
A. impulsive muscles B. skeletal muscles C. smooth muscles

_____ 3. These types of muscles are striated EXCEPT:
A. cardiac muscles B. skeletal muscles C. smooth muscles

_____ 4. These types of muscles are involuntary EXCEPT:
A. cardiac muscles B. skeletal muscles C. smooth muscles

_____ 5. Which of these organs' muscles are smooth muscles?
A. blood vessels B. tongue C. back

_____ 6. Which body part's muscles are mostly involved when you move your wrist?
A. upper arm B. forearm C. hand

_____ 7. This is what happens when a muscle or tendon is stretched too far or even torn. It is sometimes called a "pulled muscle."
A. cramp B. fracture C. strain

_____ 8. This is a sudden, involuntary, and often painful contraction of one or more of your muscles. It is also called a "muscle spasm."
A. cramp B. sprain C. strain

_____ 9. This is what happens when something hits a part of your body and damages the muscles and connective tissue underneath but doesn't break the skin. It is also called a "muscle contusion."
A. fracture B. splinter C. bruise

_____ 10. When you have a strain or sprain, you are advised to do R.I.C.E.: rest, ice, compression, and _____?
A. exaggeration B. excitation C. elevation

LIVEWORKSHEETS