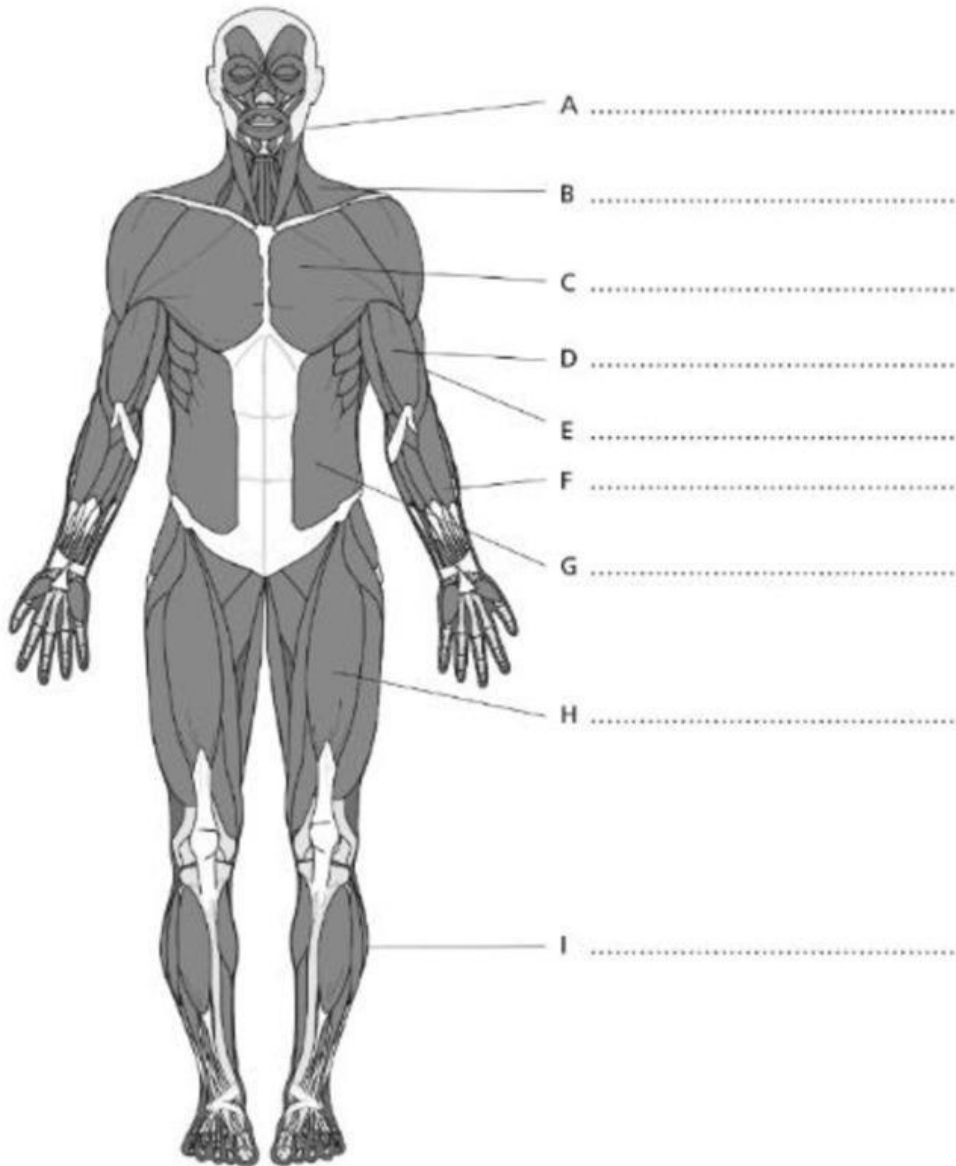


Exploring Muscles

1. Look at the following diagram below. Identify the main muscles (A-I) in the diagram of the human body below.

abdominal muscle	biceps	calf muscle
forearm muscle	jaw muscle	quadriceps
pectoral muscle	shoulder muscle	triceps



2. Use the words below to complete the sentence.

contract	pull	cardiac
organs	relax	skeletal

There are three types of muscles in the human skeleton. There is the _____ muscle found only in the heart, smooth muscle located in all the other _____ and _____ muscle that help the body to move. The muscles that help the body to move do so by _____ (getting short and fat) and _____ (returning to their normal size). Muscles can only _____ and not push.

3. List the main muscles used in each of the following activities.

- a. Hopping _____, _____ and _____
- b. Writing _____, _____ and _____
- c. Chewing _____ and _____
- d. Doing a handstand _____, _____ and _____
- e. Smiling _____
- f. Frowning _____ and _____

4. Write **TRUE** or **FALSE**.

- a. There are only about 206 muscles in the human body. _____
- b. Ligaments attach skeletal muscles to bones. _____
- c. Muscles cannot be increased in size. _____