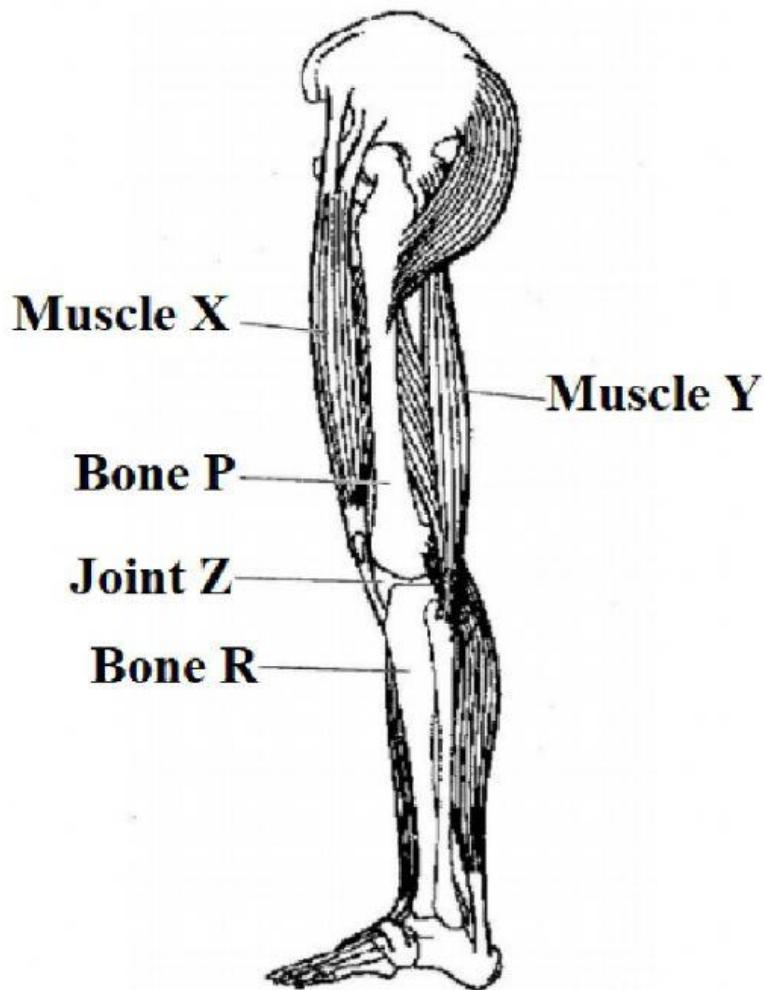


Name: _____ Date: _____

Worksheet: The Muscular System

1. The diagram below shows some of the bones and muscles in the human leg.



a. Write the names of the bones labeled P and R. [2]

P _____ R _____

b. When the leg bends backwards, what action is carried out by muscles X and Y? [2]

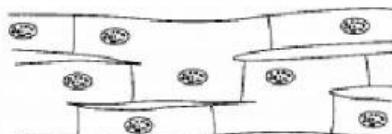
Muscle X _____

Muscle Y _____

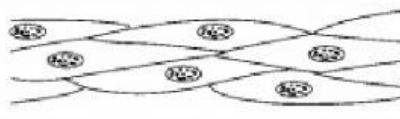
c. Name the type of moveable joint shown at Z.

d. Muscles are said to be voluntary and involuntary. What is the difference between voluntary and involuntary muscles. [2]

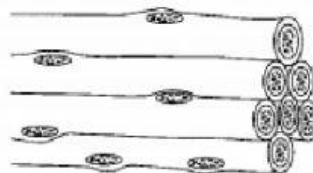
2. The diagrams show the three types of muscle tissue found in the human body.



A



B



C

a. Complete the table by filling in the blanks to show the name of each muscle, type of muscle (voluntary or involuntary) and examples of organs they are found in. [6]

	Name of muscle	Type of muscle	Organ Found in
A			
B			

b. Muscle C is attached to bones of the skeleton.

i. Name the type of tissue found at the end of muscle C. _____ [1]

ii. The muscle C allow you to bend and straighten your arm. What must happen to these muscles to allow these actions to occur? [1]

c. How many muscles are found in the human body? _____ [1]

d. Accidents in sports are some of the leading causes of injuries to the skeletal and muscles system. Two examples of such injuries are **sprains** and **strains**.

What is the difference between a **sprain** and a **strain**? [2]

Sprain _____

Strain _____