

1. The biceps and triceps are examples of which of the following:

- a. involuntary, cardiac muscles
- b. voluntary, cardiac muscles
- c. involuntary, skeletal muscles
- d. voluntary, skeletal muscles

Questions 2 and 3 refer to the muscle drawn on the right.

2. Which type of muscle cell is shown in the diagram?

- a. cardiac muscle
- b. involuntary muscle
- c. skeletal muscle
- d. smooth muscle



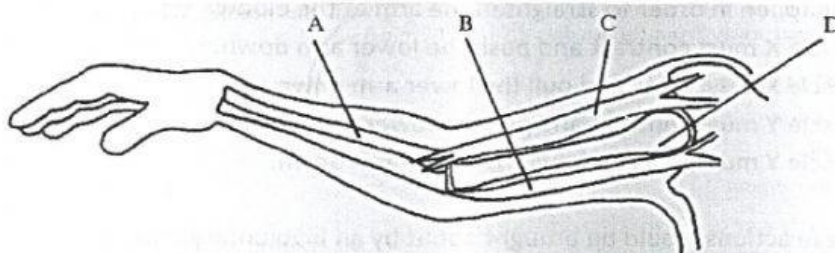
3. What structure separates the human abdominal cavity from the thoracic cavity?

- a. clavicle
- b. septum
- c. diaphragm
- d. vertebrae

4. When the bicep muscle contracts, which one of the following muscles would relax?

- a. diaphragm muscles
- b. intercostal muscles
- c. pectoral muscles
- d. triceps muscles

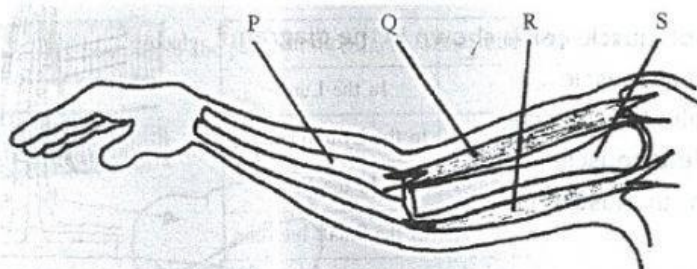
5. Which letter on the diagram of the arm represents the bicep muscle?



6. Where in the body would this type of muscle be found?

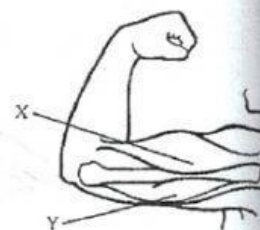
- a. attached to a bone
- b. in the heart
- c. lining the intestine
- d. lining the stomach

7. What kind of muscle is found in the lining of the esophagus?
- antagonistic, intercostal muscles
 - cardiac, sphincter muscles
 - involuntary, smooth muscles
 - voluntary, skeletal muscles
8. Which row in the table correctly explains what must happen if the arm is bent at the elbow?



A	P must stretch	S must shorten
B	Q must contract	R must relax
C	P must contract	S must relax
D	Q must stretch	R must shorten

9. Where is the diaphragm muscle located and what is its function?
- It is in the upper arm and helps to bend the arm at the elbow.
 - It is in the lower jaw and helps in chewing food.
 - It is at the bottom of the chest cavity and helps in breathing.
 - It is in the throat and it helps in swallowing food and drink.
10. This diagram on the right shows the muscles and bone in the upper arm. What must happen in order to straighten the arm at the elbow?
- Muscle X must contract and push the lower arm down.
 - Muscle X must relax and pull the lower arm down.
 - Muscle Y must contract and pull the lower arm down.
 - Muscle Y must relax and pull the lower arm down.
11. Which of these actions would be brought about by an involuntary muscle?
- dribbling a basketball with your left hand
 - moving food through your digestive system
 - raising your hand to answer a question in class
 - tying your shoelaces



12. Which row in the table gives the correct information about actions of the body?

	Body action	voluntary	involuntary	Controlled by cardiac muscle
A	heartbeat	yes	yes	no
B	running	yes	no	yes
C	sneezing	no	yes	no
D	swallowing	yes	yes	yes

13. Muscles that you have control over and that work when you want them to are said to be _____.

- a. fixed
- b. involuntary
- c. paired
- d. voluntary

14. Which of the following is attached to bones by tendons?

- a. cartilage
- b. muscle
- c. ligament
- d. skin

15. Which row in the table gives correct information about muscles in the body?

A	Biceps muscle	Bend arm at the elbow
B	Cardiac muscles	Straighten the arm at the elbow
C	Intercostal muscles	Move food through the intestines
D	Triceps muscle	Rotate the head and neck

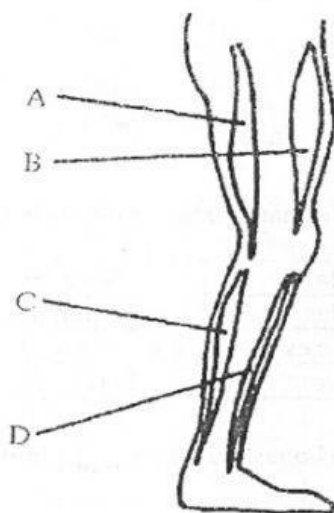
16. Muscles that work as opposite to move bones are called _____ muscles.

- a. antagonistic
- b. egotistic
- c. artistic
- d. antagonistic

17. Which row in the table below correctly explains what must happen when the arm is bent at the elbow?

A	Bicep muscle must stretch	Triceps muscle must shorten
B	Biceps muscle must contract	Triceps muscle must relax
C	Triceps muscle must contract	Biceps muscle must relax
D	Triceps muscle must shorten	Biceps muscle must stretch

18. The muscles in the stomach and the heart are both different from the muscles in the thigh (or upper leg). What is the main difference?
- a. The thigh muscles are smaller than the heart and stomach muscles.
 - b. The heart and stomach muscles are cardiac muscles and the thigh muscles are not.
 - c. The thigh muscles are voluntary muscles and the heart muscles and stomach muscles are not.
 - d. The heart and stomach muscles are skeletal muscles and the thigh muscles are not.
19. What kind of muscle is found inside the alimentary canal?
- a. cardiac
 - b. skeletal
 - c. smooth
 - d. striated
20. The diagram below shows muscle in the human leg. Which muscle lies in front of the femur?



21. Which type of muscle covers the bones of the upper arms?
- a. cardiac muscles
 - b. relax muscles
 - c. skeletal muscles
 - d. smooth muscles
22. Which one of these activities involves the use of voluntary muscles?
- a. biting an apple
 - b. the heart beating
 - c. kicking a ball
 - d. licking an ice cream