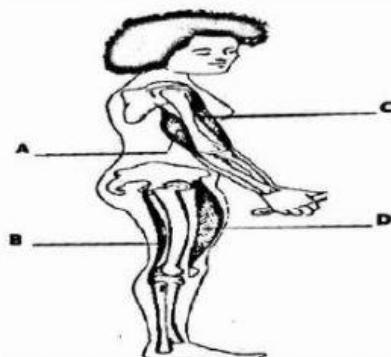


The Muscular System Worksheet

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



1. Give two functions of the muscular system? (2)

2. Identify the parts of the diagram labelled (4):

A _____ B _____

C _____ D _____

3. Write the letter from the diagram to tell which muscle will contract to (4):

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 (5):

i. Found only in the heart _____

ii. Attached to bones _____

iii. Found in the digestive organs _____

iv. Helps with walking _____

v. Helps with birth _____

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

Cannot control _____

Can control _____

6. Explain what has to happen to your muscles in order for them to move things such as bones. What do you call this opposite movement? (3)
