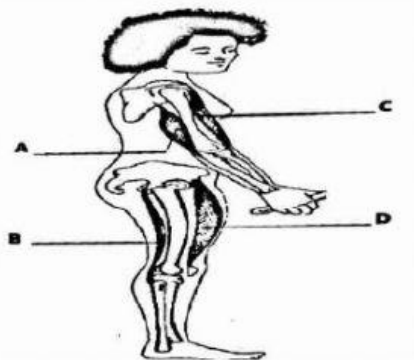


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Grade: \_\_\_\_\_

### 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)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_