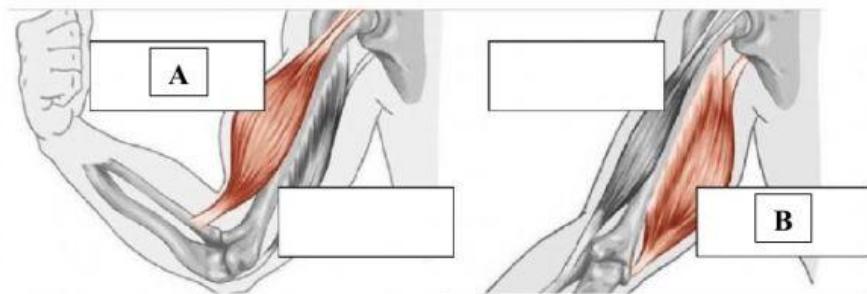


The Muscular System Worksheet

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



1. State one function of the Muscular System. (1)

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

A _____

B _____

3. Using the words below, state which muscles must **CONTRACT** to do the following (4):

TRICEP BICEP HAMSTRING QUADRICEP

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 (4):

i. Found only in the heart _____

ii. Found in the digestive organs _____

iii. Helps with walking _____

iv. Helps with birth _____

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

i. Cannot control _____

ii. Can control _____

6. What do you call muscles that move in opposite pairs? (1)

7. Explain what has to happen to your muscles in order for them to raise and lower bones. (1)
