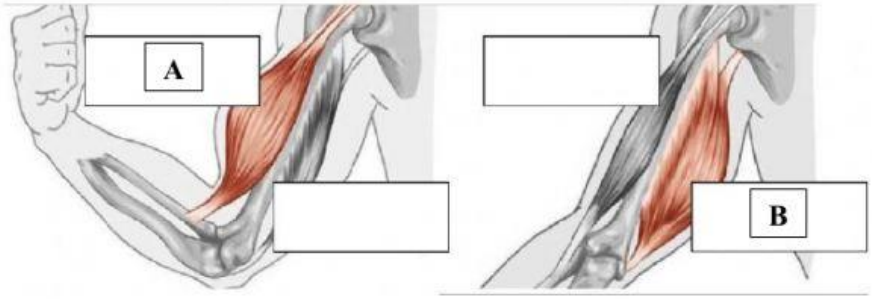
The Muscular System Worksheet

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)

   _____

LIVEWORKSHEETS