Name: _____ Date: _____ Grade:____

Health Science

Muscular System Quiz

Instruction: Answer the following questions in the spaces provided.

Section A: Circle the letter of the correct response.

1. Which muscle must contract to bend the elbow?
    a. tricep
    b. bicep
    c. quadricep

2. Which is a good food source for healthy muscles?
    a. proteins
    b. carbohydrates
    c. fats

3. How many muscles are there in the human body?
    a. 600
    b. over 600
    c. under 600

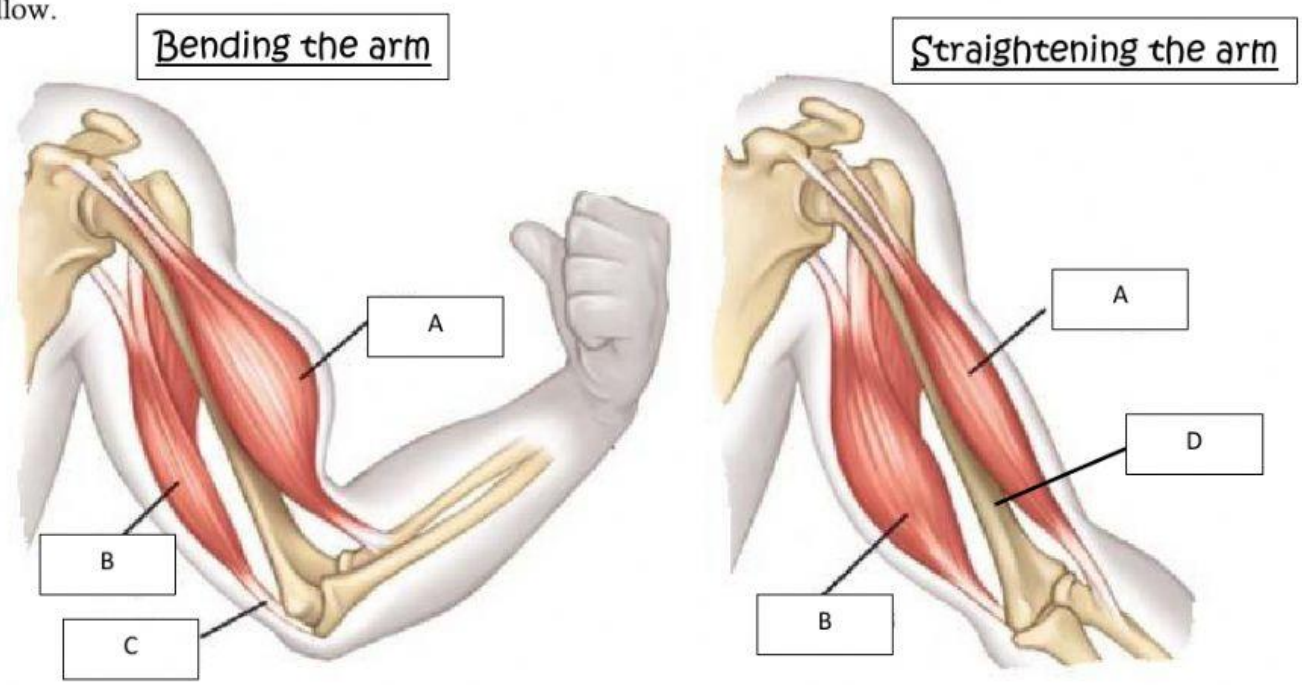
4. Which type of muscle is found in the digestive system?
    a. cardiac
    b. skeletal
    c. smooth

5. Which force does your body fight against using muscles?
    a. friction
    b. tension
    c. gravity

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Section B: Write the answers in the spaces provided.

6. Below is a diagram of some muscles of the upper arm. Use the diagram to answer the questions that follow.



a. Name the structure labelled C that is connecting muscle to bone. _____ [1]

b. Describe what antagonistic muscles are. [2]

_____

_____

c. Name the bone labelled D. _____ [1]

d. Complete the following table by writing in the missing terms to describe what muscle A and B must do **in order to straighten the arm at the elbow**. [2]

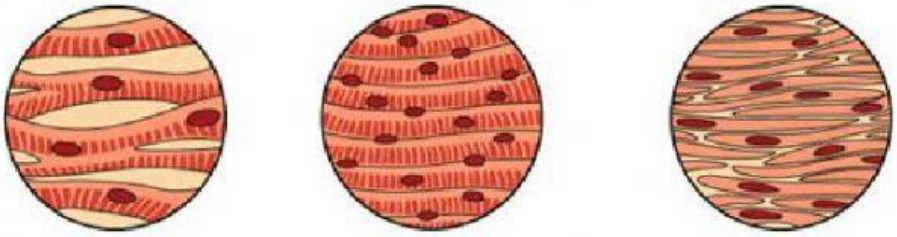
Choose your answers from these words:

EXPAND	**RELAX**	**CONTRACT**
DILATE	**INFLATE**	**DEFLATE**

Muscle	What it does to straighten the arm
A	
B	

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7. This diagram shows the three types of muscles found in the body.



Cardiac Skeletal Smooth

a. Name the organ in the body that is made of cardiac muscle. _____ [1]

b. Which of these types of muscles is the stomach made of? _____ [1]

c. Where can skeletal muscle be found? _____ [1]

d. Which type of muscle **DOES NOT** have striations? _____ [1]

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