



Name: \_\_\_\_\_

Grade & Section: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



## The Muscular System

Write the letter of the best answer on the blank before the number.

- \_\_\_\_ 1. Muscles are attached to bones by a tough cord of connective tissue called a \_\_\_\_.  
A. tendon      B. ligament      C. orbit
- \_\_\_\_ 2. Muscles work by \_\_\_\_\_, that is, by becoming shorter.  
A. dissolving      B. relaxing      C. contracting
- \_\_\_\_ 3. When muscles contract, they pull on the tendons, which pull on the \_\_\_\_\_.  
A. nerves      B. bones      C. skin
- \_\_\_\_ 4. In this way, the pull of the contracting muscles allows you to \_\_\_\_\_.  
A. sleep      B. move      C. learn
- \_\_\_\_ 5. Muscles can only \_\_\_\_\_; they cannot \_\_\_\_\_.  
A. pull; push      B. increase; decrease      C. go up; go down
- \_\_\_\_ 6. To move bones in opposite directions, muscles need to work \_\_\_\_\_.  
A. in groups of 10      B. alone      C. in pairs
- \_\_\_\_ 7. To bend your elbows, your biceps contracts and your \_\_\_\_\_ relaxes.  
A. uniceps      B. triceps      C. gastrocnemius
- \_\_\_\_ 8. To straighten your elbows, your triceps contracts and your biceps \_\_\_\_\_.  
A. relaxes      B. helps contract      C. shortens
- \_\_\_\_ 9. The type of muscles that you use to move your body are the \_\_\_\_\_.  
A. skeletal muscles      B. smooth muscles      C. cardiac muscles
- \_\_\_\_ 10. Skeletal muscles are \_\_\_\_\_; you can control them with your thought.  
A. compulsory      B. voluntary      C. involuntary

