



Name: _____

Grade & Section: _____

Date: _____

Time: _____



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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

