

Muscles

Directions: Read the statements below. Write T if the statement is true. Write F if the statement is false.

_____ 1. A muscle that is relaxed is usually shorter and thicker.

_____ 2. When the arm is flexed, the triceps is relaxed.

_____ 3. The biceps are tightened you if you lift a book.

_____ 4. A relaxed muscle is long.

_____ 5. Muscles produce movements by contracting and relaxing.

Directions: Study the pictures in column A. Use a line to match each injury with its correct name.



a. muscle strain



b. cramps



c. bruise



d. fracture



e. torn muscles