

## THE MUSCULAR SYSTEM- ASYNCHRONOUS ACTIVITY

Watch the following video about the muscular system and answer the following Quiz:

- 1) What is the name of the muscle cells?
- 2) What type of muscle makes up the muscular system?
  - a) Skeletal muscle
  - b) Cardiac muscle
  - c) Smooth muscle
  - d) Skeletal, cardiac, and smooth muscle
- 3) Which are the movements which aren't governed by the muscular system?
  - a) Blinking
  - b) Sperm movement
  - c) Hair-like cilia in our airways
  - d) Cardiac systole
  - e) Certain white blood cells
- 4) One type of muscle contraction results in a stabilizing force. This:
  - a) Enables us to stand and sit upright
  - b) Means it helps us to lift heavy things
  - c) Makes the muscle very tense

- 5) What proportion of the body's weight does the skeletal system make up?
- a) 40 percent
  - b) 30 percent
  - c) 75 percent
  - d) 30 to 40 percent
- 6) Without the muscular system, we wouldn't be able to make most of the body heat that we require.
- a) True
  - b) False
- 7) Which type of muscle enables a woman to give birth?
- a) Skeletal muscle
  - b) Smooth muscle
  - c) Cardiac muscle