

MUSCLES AND MUSCULAR SYSTEM

WORKSHOP



PART I. CLICK ON THE CORRECT ANSWER.

1. It is a unit of muscle fiber
 - a. Fascicle
 - b. sarcomere
 - c. myofibril
2. It contains fibrous protein
 - a. Fascicle
 - b. sarcomere
 - c. myofibril
3. it is a bundle of fibers
 - a. Fascicle
 - b. sarcomere
 - c. myofibril
4. It appears as light and dark bands under a microscope
 - a. muscle fibers
 - b. sarcomere
 - c. myofibril
5. Enlongated tubular cells
 - a. muscle fibers
 - b. sarcomere
 - c. myofibril

PART II. COMPLETE THE FOLLOWING STATEMENTS.

1. Skeletal produce movements
2. Fast fibers produce higher potential
3. Muscles are present in vital
4. There are types of

PART III. DRAG THE CORRECT ANSWER

tension

flex

movement

elastic

digestion

1. Muscles contract in order to produce _____
2. Muscle tissue is _____
3. To see your biceps you should _____ your arms.
4. Contractions create _____
5. The smooth muscles help with _____



PART IV. LISTENING. Click on the icon to listen.

TRUE OR FALSE. Write T or F

☐ T

☐ F

Muscles are made of connective tissue and muscle fiber

☐ T

☐ F

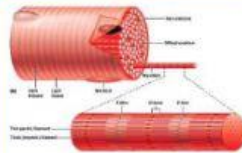
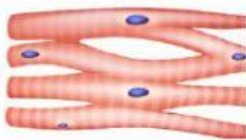
Sarcomeres appear as light and dark bands under a microscope

☐ T

☐ F

A myofibril is a bundle of muscle fibers

PART V. WRITE THE LETTER UNDER THE CORRECT PICTURE



a. Tendon

b. sarcomere

c. smooth muscle

d. cardiac muscle