

The Muscular System

Matching:

Elasticity Contractible Extension Cardiac Muscle Tendons Quadriplegia
Rotation Extensible Hypertrophy Visceral/Smooth Muscle Atrophy

- _____ - attach muscle to bone
- _____ - straightening and extending of the joint to increase the angle between two bones or body parts
- _____ - capable of contracting or shortening after receiving stimulation
- _____ - found in organs or organ systems such as the digestive or respiratory system
- _____ - state of paralysis
- _____ - can be stretched without damage by application of force
- _____ - able to return to its original resting shape and length after being extended or contracted
- _____ - enlarging the muscle
- _____ - moving a body part around an axis
- _____ - wasting away of muscle
- _____ - form the walls of the heart and contracts to circulate the blood

Multiple Choice:

- What percentage of the body's weight does the skeletal muscles make up?
 - 40% - 50%
 - 30% - 40%
 - 18% - 20%
- What is the primary purpose of Muscular System?
 - To provide movement
 - To allow the body to breathe
 - To create white blood cells
- How many muscles does it take to move your foot?
 - 150
 - 20
 - 200
- How much of the body's warmth does muscle provide?
 - 39%
 - 85%
 - 20%
- What is the only organ that is not directly dependent upon the nervous system?
 - Liver muscle
 - Cardiac Muscle
 - Kidney muscles
- Where do muscles receive their ability to move the body?
 - Through the Skeletal System
 - Through the Nervous System
 - Through the Cardiovascular
- How many muscles are in the human body?
 - 600
 - 830
 - 420

8. What happens if the communication from the nervous system is severed from the skeletal system?

- a. The skeletal muscles will not be able to produce movement
- b. The brain will not produce brain waves
- c. The muscles will contract

9. What 2 things work together with the muscles to create the muscular system necessary for movement?

- a. Bones and joints
- b. Cartilage and tendons
- c. Tendons and Fascia

10. What are some of the only parts of the body that are not governed by the muscular system?

- a. Arms, wrists, and legs
- b. Mouth, ears, and nose
- c. Sperm Cells and certain white blood cells

11. What is essential to the voluntary skeletal muscles?

- a. The Nervous System
- b. The Respiratory System
- c. The Digestive System

Matching:

FASCIA

ADDUCTION

ABDUCTION

EXCITABLE (IRRITABLE)

FLEXION

INVOLUNTARY MUSCLE

BUCCINATOR

ADAPTABILITY

SKELETAL MUSCLES

– operates without any conscious control

– moving a body part toward the mid-line of the body

– capable of receiving and responding to stimulation from the nerves

– attach muscle to muscle

– can be changed in response to how it is used

– attach to the skeleton and provide the ability to move

– moving of a body part away from the body

– bending a joint to decrease the angle between two bones or two body parts

– a muscle that attaches your cheek to your teeth

Voluntary or Involuntary?

Skeletal Muscles - _____

Visceral/Smooth Muscle – _____

Cardiac Muscle - _____