

# The Muscular System

## Matching:

Elasticity	Contractile	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

– operates without any conscious control

ADDITION

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

ABDUCTION

– capable of receiving and responding to stimulation from the nerves

EXCITABLE (IRRITABLE)

– attach muscle to muscle

FLEXION

– can be changed in response to how it is used

INVOLUNTARY MUSCLE

– attach to the skeleton and provide the ability to move

BUCCINATOR

– moving of a body part away from the body

ADAPTABILITY

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

SKELETAL MUSCLES

– a muscle that attaches your cheek to your teeth

### **Voluntary or Involuntary?**

Skeletal Muscles - \_\_\_\_\_

Visceral/Smooth Muscle – \_\_\_\_\_

Cardiac Muscle - \_\_\_\_\_