

Name: _____ Date: _____ Grade: _____

Health Science

Muscular System Quiz

Instruction: Answer the following questions in the spaces provided.

Section A: Circle the letter of the correct response.

1. Which muscle must contract to bend the elbow?
 - a. tricep
 - b. bicep
 - c. quadricep

2. Which is a good food source for healthy muscles?
 - a. proteins
 - b. carbohydrates
 - c. fats

3. How many muscles are there in the human body?
 - a. 600
 - b. over 600
 - c. under 600

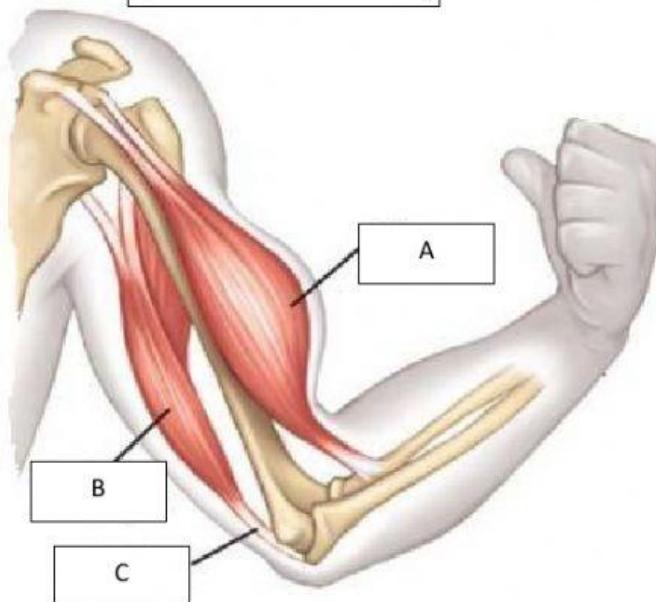
4. Which type of muscle is found in the digestive system?
 - a. cardiac
 - b. skeletal
 - c. smooth

5. Which force does your body fight against using muscles?
 - a. friction
 - b. tension
 - c. gravity

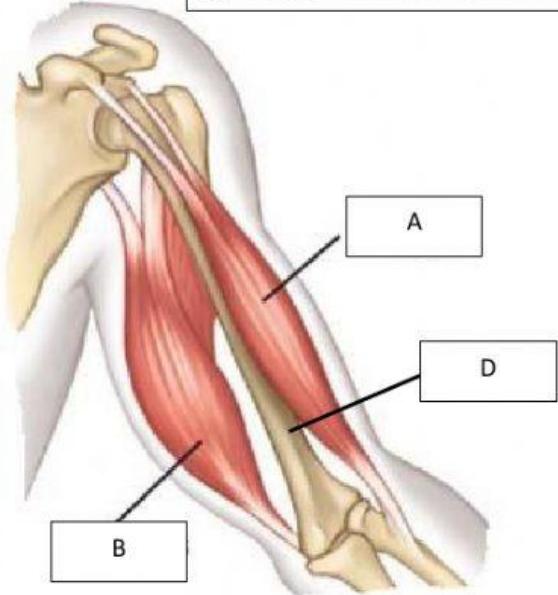
Section B: Write the answers in the spaces provided.

6. Below is a diagram of some muscles of the upper arm. Use the diagram to answer the questions that follow.

Bending the arm



Straightening the arm



a. Name the structure labelled C that is connecting muscle to bone. _____ [1]

b. Describe what antagonistic muscles are. [2]

c. Name the bone labelled D. _____ [1]

d. Complete the following table by writing in the missing terms to describe what muscle A and B

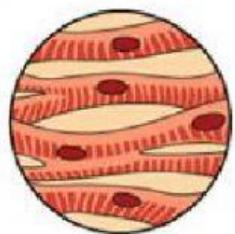
must do **in order to straighten the arm at the elbow**. [2]

Choose your answers from these words:

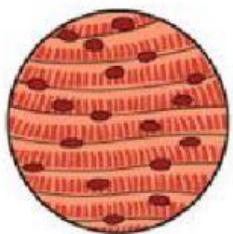
EXPAND	RELAX	CONTRACT
DILATE	INFLATE	DEFLATE

Muscle	What it does to straighten the arm
A	
B	

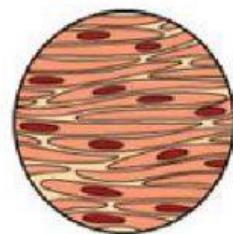
7. This diagram shows the three types of muscles found in the body.



Cardiac



Skeletal



Smooth

- a. Name the organ in the body that is made of cardiac muscle. _____ [1]
- b. Which of these types of muscles is the stomach made of? _____ [1]
- c. Where can skeletal muscle be found? _____ [1]
- d. Which type of muscle **DOES NOT** have striations? _____ [1]