Name: _____

Grade & Section: _____

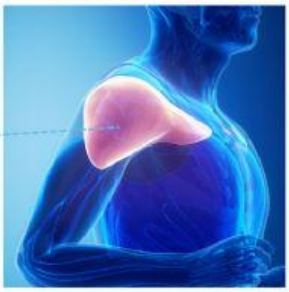
Date: _____

Time: _____

huntersweedsjsh

The Muscular System

Understand better how muscles work by taking a closer look at your deltoid muscle.



This is your deltoid muscle.

It was given that name because it is triangle-shaped and so it looks like the Greek letter Δ (delta).

The deltoid is one of several important muscles around your _____ joint.

You can move it voluntarily (by choice) and so it is a _____ muscle.

Like other muscles, the deltoid is attached to your bones through _____ (that whitish part at the ends).

WORD BANK

contracting
humerus
shoulder
skeletal
tendons

And like other muscles, the deltoid works by _____ (getting shorter).

The upper ends of the deltoid muscle are attached to bones around your shoulder while its lower end is attached to the _____, the bone in your upper arm.

When the deltoid contracts, the arm will _____ and move _____ the body.

LIVEWORKSHEETS