



Name: _____

Grade & Section: _____

Date: _____

Time: _____



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The Muscular System

Write the letter of the best answer on the blank before the number.

- _____ 1. Also called voluntary muscles because you can use thought to control them
A. cardiac muscles B. skeletal muscles C. smooth muscles
- _____ 2. Also called involuntary muscles because you cannot use thought to control them
A. impulsive muscles B. skeletal muscles C. smooth muscles
- _____ 3. These types of muscles are striated EXCEPT:
A. cardiac muscles B. skeletal muscles C. smooth muscles
- _____ 4. These types of muscles are involuntary EXCEPT:
A. cardiac muscles B. skeletal muscles C. smooth muscles
- _____ 5. Which of these organs' muscles are smooth muscles?
A. blood vessels B. tongue C. back
- _____ 6. Which body part's muscles are mostly involved when you move your wrist?
A. upper arm B. forearm C. hand
- _____ 7. This is what happens when a muscle or tendon is stretched too far or even torn.
It is sometimes called a "pulled muscle."
A. cramp B. fracture C. strain
- _____ 8. This is a sudden, involuntary, and often painful contraction of one or more of your muscles. It is also called a "muscle spasm."
A. cramp B. sprain C. strain
- _____ 9. This is what happens when something hits a part of your body and damages the muscles and connective tissue underneath but doesn't break the skin. It is also called a "muscle contusion."
A. fracture B. splinter C. bruise
- _____ 10. When you have a strain or sprain, you are advised to do R.I.C.E.:
rest, ice, compression, and _____?
A. exaggeration B. excitement C. elevation

