



Muscular System Quiz

Read the description below and select the letter beside the word that best describes the description.

1. ___ Muscles you can control are called:
A. cardiac B. balance C. joints D. voluntary
2. ___ Muscles stabilize these.
A. muscle B. smooth C. joints D. glucose
3. ___ Muscle is tissue in the body that can _____ and relax.
A. contract B. voluntary C. heart beat D. stretchy fibers
4. ___ All muscles need a type of energy called_____
A. balance B. contract C. glucose D. heart beat
5. ___ Muscles are bundles of _____
A. stretchy fibers B. joints C. contract D. voluntary
6. ___ Every move our body makes is controlled by this.
A. smooth B. cardiac C. muscle D. balance
7. ___ Muscles help the body with posture and _____.
A. joints B. stretchy fibers C. smooth D. balance
8. ___ There are 3 types of muscles in the body, skeletal, cardiac and _____.
A. glucose B. muscle C. smooth D. heart beat
9. ___ This is an example and a involuntary muscle.
A. heart beat B. contract C. voluntary D. cardiac
10. ___ This type of muscle is found around the heart.
A. glucose B. cardiac C. balance D. voluntary