

Skills Worksheet

Directed Reading A

Section: The Muscular System

KINDS OF MUSCLE

Write the letter of the correct answer in the space provided.

- _____ 1. What part of your body has smooth muscle?
a. digestive tract
b. spinal cord
c. heart
d. skin
- _____ 2. What part of your body has cardiac muscle?
a. stomach
b. brain
c. heart
d. nose
- _____ 3. Skeletal muscle is connected to what parts of the body?
a. lungs
b. bones
c. ears
d. eyes
- _____ 4. What do you call muscle action that you can control?
a. voluntary
b. involuntary
c. light
d. heavy
- _____ 5. What do you call muscle action that you cannot control?
a. voluntary
b. involuntary
c. light
d. heavy

MOVEMENT

- _____ 6. What travels from your brain to your skeletal muscle cells when you move?
a. tendons
b. contractions
c. connective tissue
d. signals

Directed Reading A *continued*

Muscles Attach to Bones

Write the letter of the correct answer in the space provided.

- _____ 7. What structure attaches a skeletal muscle to a bone?
- a. cartilage
 - b. marrow
 - c. tendon
 - d. ligament

Muscles Work in Pairs

Match the correct description with the correct term. Write the letter in the space provided.

- _____ 8. a muscle that bends part of the body a. flexor
- _____ 9. a muscle that straightens part of the body b. extensor

LEVERS IN THE HUMAN BODY

Write the letter of the correct answer in the space provided.

- _____ 10. What is the increase in work done by a lever called?
- a. effort force
 - b. mechanical advantage
 - c. fulcrum
 - d. load

Match the correct description with the correct term. Write the letter in the space provided.

- _____ 11. the force applied to a lever a. lever
- _____ 12. the fixed point on a lever b. effort force
- _____ 13. a rigid bar that pivots at a fixed point c. load
- _____ 14. the force that resists the motion of a lever d. fulcrum

Directed Reading A *continued***Three Classes of Levers**

Match the correct description with the correct term. Write the letter in the space provided.

- | | |
|---|-----------------------|
| _____ 15. The load is between the fulcrum and effort force. | a. first-class lever |
| _____ 16. The effort force is between the fulcrum and load. | b. second-class lever |
| _____ 17. The fulcrum is between the effort force and the load. | c. third-class lever |

USE IT OR LOSE IT

Match the correct description with the correct term. Write the letter in the space provided.

- | | |
|--|--------------|
| _____ 18. makes muscles stronger and larger | a. endurance |
| _____ 19. lets muscles work longer without getting tired | b. exercise |

Match the correct description with the correct term. Write the letter in the space provided.

- | | |
|---|------------------------|
| _____ 20. working against the weight of an object | a. resistance exercise |
| _____ 21. steady, moderately intense activity | b. aerobic exercise |

MUSCLE INJURY

Write the letter of the correct answer in the space provided.

- _____ 22. What happens when a muscle or tendon is overstretched or torn?
- a sprain
 - a strain
 - tendinitis
 - arthritis
- _____ 23. What word describes an injured tendon if you have tendinitis?
- soft
 - torn
 - rested
 - inflamed

Directed Reading A *continued*

Write the letter of the correct answer in the space provided.

_____ 24. What drugs do some people take to make muscles stronger?

- a. aspirin
- b. anabolic steroids
- c. antibiotics
- d. allergy medicine

_____ 25. What is a health problem that can result from taking anabolic steroids?

- a. bad vision
- b. headaches
- c. heart damage
- d. knee pain