

Skills Worksheet

Vocabulary and Section Summary B

The Muscular System

VOCABULARY

After you finish reading the section, try this puzzle! Use the clues below to fill in the correct term. Then, find the words in the word search on the next page. Words in the puzzle are hidden vertically, horizontally, forward, backward, and diagonally.

- _____ 1. a bar that pivots at a fixed point
- _____ 2. steady, moderately intense activity
- _____ 3. effort force is between the fulcrum and the load
- _____ 4. muscle action under your control
- _____ 5. muscle that straightens part of the body
- _____ 6. force applied to a lever
- _____ 7. connect skeletal muscles to bones
- _____ 8. muscle found in the digestive tract
- _____ 9. muscle action not under your control
- _____ 10. muscle that bends part of the body
- _____ 11. muscle found in the heart
- _____ 12. force that resists the motion of a lever
- _____ 13. made up of the muscles that let you move
- _____ 14. caused when an injured tendon is inflamed during exercise
- _____ 15. how many times a machine multiplies force
- _____ 16. the load is between the fulcrum and effort force
- _____ 17. fixed pivot point on a lever
- _____ 18. the fulcrum is between the effort force and load
- _____ 19. an injury in which a muscle or tendon is over-stretched or torn

Vocabulary and Section Summary B *continued*

F	I	R	S	T	C	L	A	S	S	L	E	V	E	R	E	R	Z	S	N
G	G	F	I	S	M	B	E	L	Y	T	E	N	D	O	N	S	R	M	B
B	A	E	I	R	X	J	Q	V	N	H	X	T	T	C	Z	E	S	O	Q
R	O	X	E	L	F	T	U	M	E	I	E	S	H	U	V	J	M	E	F
H	N	T	N	K	E	T	Y	R	E	R	L	S	V	E	P	N	O	S	R
K	A	E	S	N	I	R	C	C	F	D	A	O	L	C	R	W	O	I	O
E	V	N	S	D	G	X	T	L	Y	C	J	S	L	V	A	R	T	C	F
Y	D	S	W	Q	V	J	Z	K	A	L	S	U	X	H	F	M	H	R	E
R	H	O	T	I	Y	S	L	Y	R	A	N	F	B	J	K	K	M	E	L
A	L	R	J	L	F	N	O	X	L	S	S	T	R	E	T	C	U	X	C
T	A	N	N	S	Z	C	P	C	N	S	M	L	T	N	O	F	S	E	S
N	C	F	M	H	K	Y	D	X	I	L	F	U	E	U	Y	I	C	C	U
U	I	G	P	C	D	N	A	D	A	E	L	O	R	V	F	S	L	I	M
L	N	E	N	O	O	F	L	J	R	V	F	O	V	C	E	S	E	B	C
O	A	Z	H	C	B	C	A	X	T	E	J	T	H	L	L	R	T	O	A
V	H	F	E	M	E	T	S	Y	S	R	A	L	U	C	S	U	M	R	I
N	C	S	N	W	B	X	L	E	C	R	O	F	T	R	O	F	F	E	D
I	E	Y	O	A	V	O	L	U	N	T	A	R	Y	S	X	K	O	A	R
E	G	A	T	N	A	V	D	A	L	A	C	I	N	A	H	C	E	M	A
M	S	I	T	I	N	I	D	N	E	T	U	S	F	I	K	I	V	I	C

SECTION SUMMARY

Read the following section summary.

- The three kinds of muscle tissue are smooth muscle, cardiac muscle, and skeletal muscle.
- Skeletal muscles work in pairs. Skeletal muscles contract to move bones.
- Muscles and bones work together to form levers.
- There are three classes of levers in the human body. Levers work to provide some advantage to body movements.
- First- and second-class levers increase the amount of force applied to a load. Third-class levers increase the speed of the motion.
- Strains are injuries that affect muscles and tendons. Tendinitis affects tendons.