Name Class Date

Skills Worksheet

Directed Reading A

Section: The Muscular System

1. Why is it impossible to sit still, without moving any muscles at all?

KINDS OF MUSCLE

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

- a. smooth muscle 2. found in your heart and pumps blood around your body b. cardiac muscle c. skeletal muscle _____ 3. enables your bones to move
- _____ 4. found in the digestive tract and in the walls of blood vessels

5. Muscle action that is under your control is ______.

6. Muscle action that is not under your control is ______.

MOVEMENT

7. What happens in your body when you want to move?

8. Tendons are strands of connective tissue that connect yo	our
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	to	your	
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9. A muscle that bends part of your body is called a(n)

10. A muscle that straightens part of your body is called a(n)

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11. When your arm bends, the ______ muscle is the flexor.

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 5. When you do resistance exercise, you work against the resistance, or, of an object. 6. What are some examples of aerobic exercise? 7. Endurance can be increased by doing IUSCLE INJURY 18. Why should you start an exercise program slowly? a. You are less likely to get hurt. c. You save time. b. You enjoy it more. d. You increase resistance. 19. A strain is an injury in which a muscle or tendon is a. fractured or broken. c. swollen or inflamed. b. overstretched or torn. d. dislocated or moved. 20. Tendinitis is a condition in which a tendon becomes a. less dense. c. rested. b. bruised. d. inflamed. 				
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Body Organization and Structure