

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.

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

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 your
_____ to your _____.

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)
_____.

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

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12. When your arm straightens, the _____ muscle is the extensor.

USE IT OR LOSE IT

13. How does having strong muscles benefit the rest of the body?

14. Skeletal muscles can be strengthened by doing _____.

15. When you do resistance exercise, you work against the resistance, or _____, of an object.

16. What are some examples of aerobic exercise?

17. Endurance can be increased by doing _____.

MUSCLE 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.

21. What are the dangers of taking anabolic steroids?
