

Muscular System Worksheet

Name _____ Period _____

1. Muscle tissue has five properties. What are they? Define them.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. List the four basic functions of the muscular system.

- a. _____
- b. _____
- c. _____
- d. _____

3. Three types of muscle tissue are found in the human body. What are they? Where is each type found?

- a. _____
- b. _____
- c. _____

4. Define Tendon.

5. Define Fascia.

6. Identify the following:

- a. Muscle fatigue _____

- b. Spasm _____

- c. Clonic _____

- d. Tonic _____

- e. Tetanus _____

- f. Tetany _____

7. Choose the type of muscle tissue that fits each descriptive phrase.

C = Cardiac Muscle

S = Smooth Muscle

SK = Skeletal

- _____ a. Forms the bulk of the wall of the heart
- _____ b. Has intercalated discs
- _____ c. Involuntary, nonstriated
- _____ d. Involuntary, striated
- _____ e. Located in walls of hollow internal surfaces such as the blood vessels
- _____ f. Exhibits autorhythmicity
- _____ g. Requires a constant supply of oxygen so the mitochondria are larger and more numerous
- _____ h. Is slower to contract than the other two tissue types
- _____ i. Does not have sarcomeres

8. Describe the “sliding filament theory.”

9. Define these terms:

- a. Origin _____
- b. Insertion _____

10. Define the roles of the prime mover (agonist), antagonist, synergist, and fixator in producing body movements.

- a. Prime Mover _____
- b. Antagonist _____
- c. Synergist _____
- d. Fixator _____

11. What would happen if the flexors of your forearm were functional, but the antagonistic extensors weren't?

12. What action would occur if both the flexors and extensors contracted simultaneously?

13. What is the location of the pectoralis major, deltoid, and latissimus dorsi muscles?
All three of these muscles are (superficial / deep). They are all directly involved with movement of the (shoulder girdle / humerus / radius/ ulna).

14. Write the names of the muscles that fit these descriptions.

- a. Covers most of the posterior of the humerus. _____
- b. The largest muscle of the chest region; used to throw a ball in the air (flex the humerus) and to adduct the arm. _____
- c. Bows and rotates head from side to side. _____
- d. Controls action at the elbow for a movement such as the downstroke in hammering a nail. _____
- e. Flexes the forearm. _____
- f. Hyperextends the humerus, as in doing the "crawl" swimming stroke.

- g. Moves the shoulders by raising them and pulling them back; helps hold the head erect
- h. Abducts the arm _____