

Parts of the Muscular System

Follow the instructions to complete the activity.

NAME

DATE

Label each part of the muscular system. In your own words, describe the role each part plays in the muscular system.

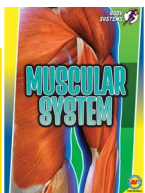
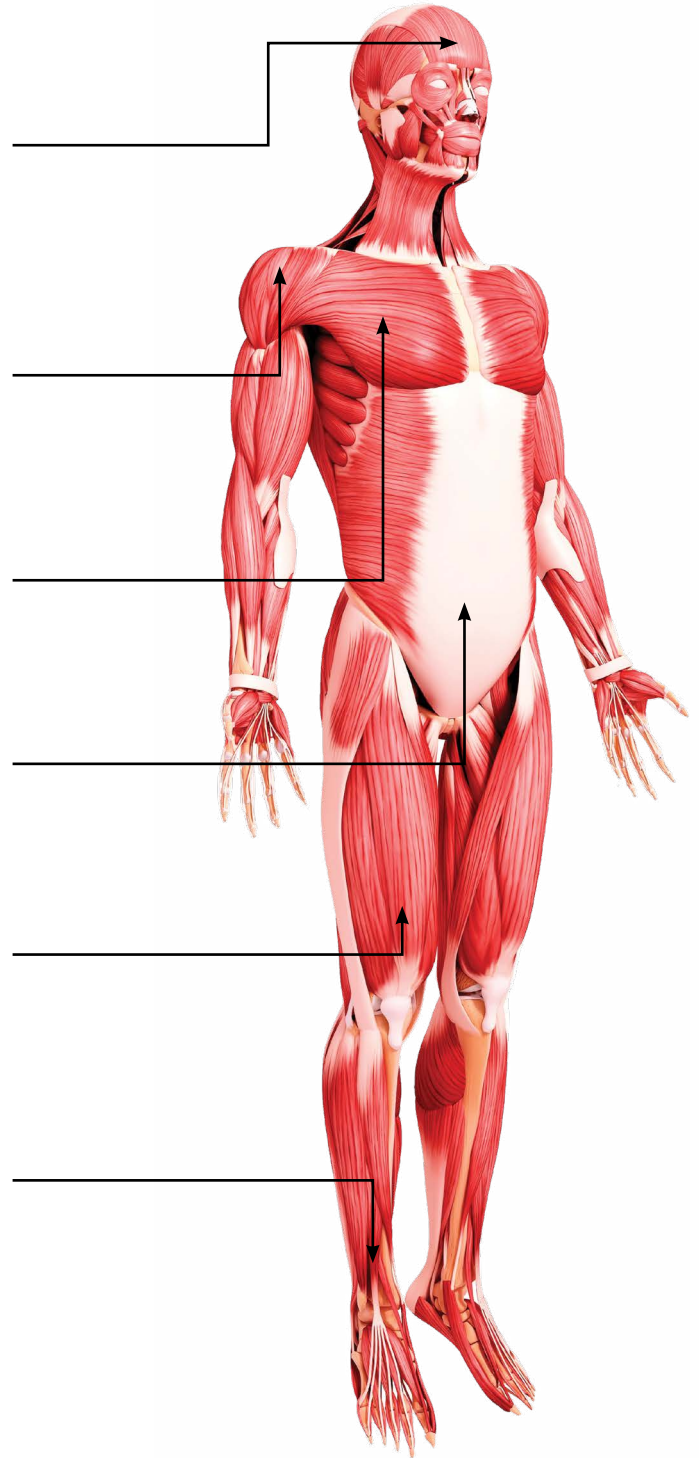


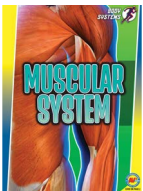
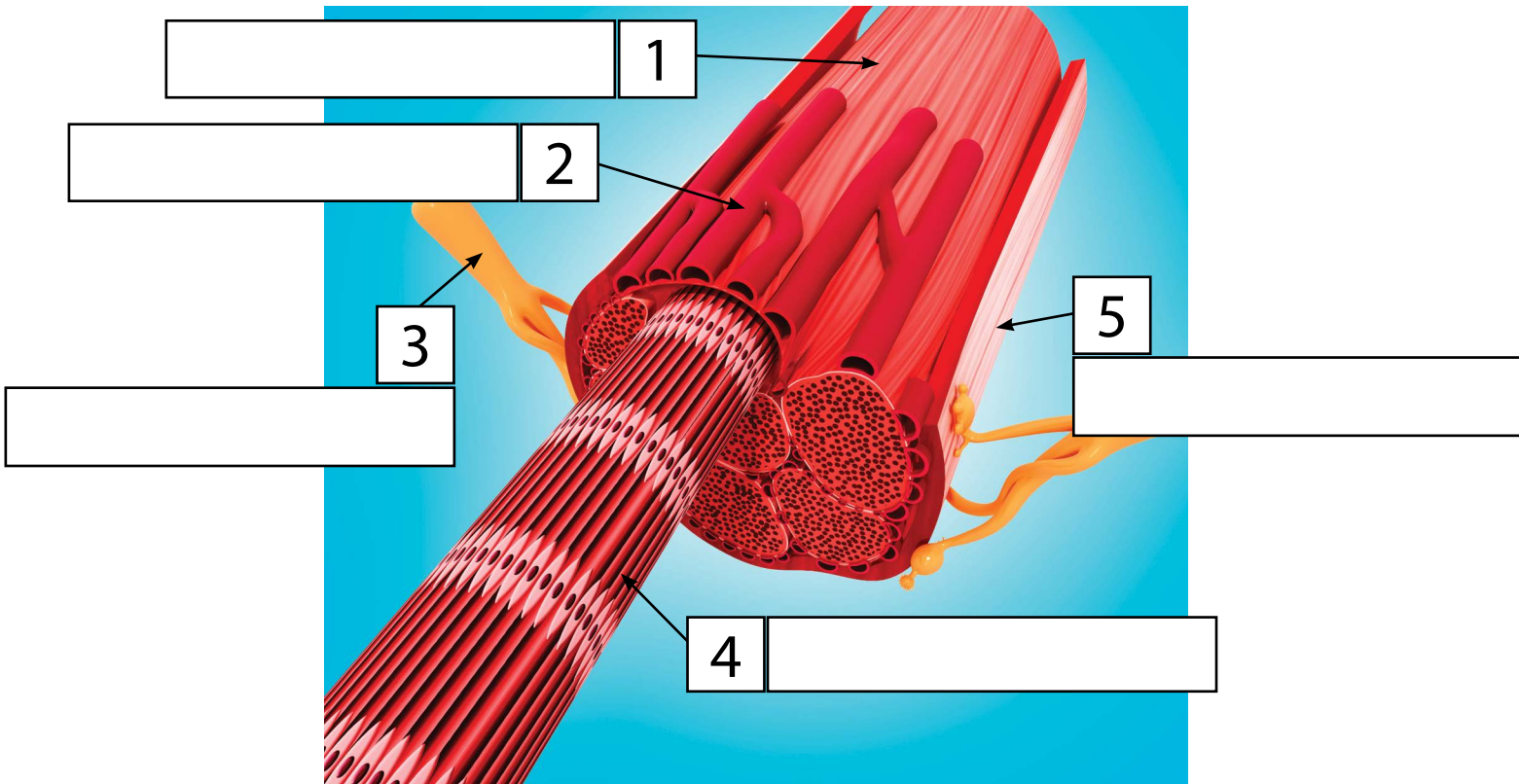
Diagram of a Muscle

Follow the instructions to complete the activity.

NAME

DATE

Using the information in *Muscular System*, label the diagram of the layers of a muscle. In the space below, explain the function of each layer. Check your answers with pages 10–11 of the book.



Fill in the Blanks

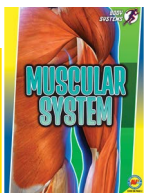
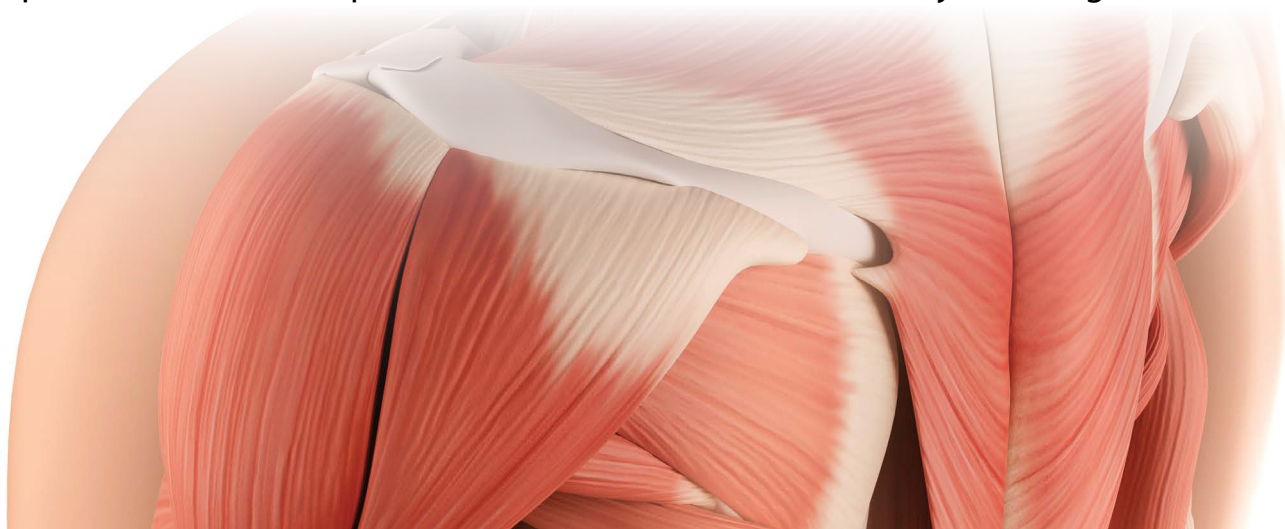
Follow the instructions to complete the activity.

NAME

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Use the information found in *Muscular System* to help you complete the following activity.

1. The is important for walking and running, because it bends the ankle joint.
2. Smooth muscle has short, fibers that are arranged in layers or sheets.
3. The heart muscle moves .
4. The body's controls the actions of muscles.
5. Outside the rib cage, assist movement in the arms, back, shoulders, and abdomen.
6. different muscles in the upper chest and back control movements of the humerus.
7. ALS is also known as disease.
8. When the triceps contracts, the biceps , and the elbow joint straightens.



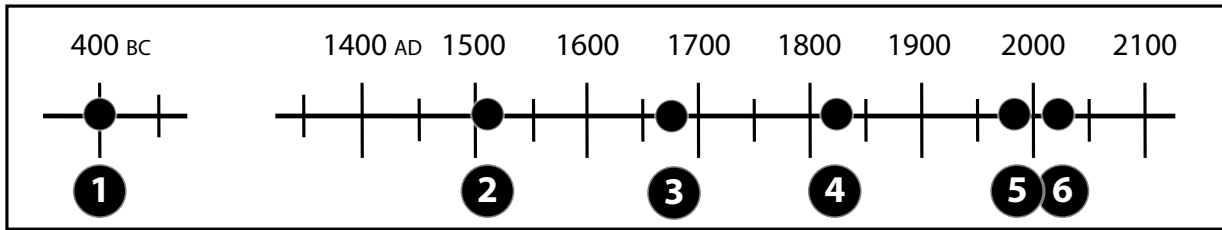
Timeline

Follow the instructions to complete the activity.

NAME

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Number the events below in the order they should appear on the timeline. Write the number in the box beside each event. Check your answers with pages 22–23 of the book.



The muscle disease myasthenia gravis is first recorded as a distinct medical condition by British physician Thomas Willis.

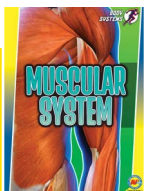
Tissue engineering is developed, which allows doctors to repair or replace damaged muscle.

The Muscular Dystrophy Association supports 175 research projects for the disease.

Italian scientist and artist Leonardo da Vinci produces detailed and accurate drawings of the anatomy of the human body and the movements of muscles.

In Scotland, William Balfour writes the first full description of fibromyalgia.

The Greek physician Hippocrates, who is known as the “father of medicine,” spends much of his life studying the human body.



Choose a medical career that you would like to learn more about from pages 26–27 of the book. Use online resources and your local library to research the requirements of your chosen job. Then, write an expository paragraph about what you discover in the space provided below.

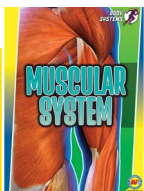
An expository paragraph is a group of sentences that provide information on a topic, give directions, or explain an event. Your expository paragraph will provide information on a topic.

An expository paragraph has three parts. The first part is the topic sentence. The topic sentence is usually the first sentence. It tells readers what the paragraph will be about and catches their attention. Supporting sentences generally follow the topic sentence. They provide details explaining or supporting the topic sentence. At the end of an expository paragraph, a sentence wraps up, or summarizes, the ideas expressed in the paragraph. This is called the concluding sentence. It is usually a strong statement.

Topic Sentence:

Supporting Sentences:

Concluding Sentence:



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

abdomen
Achilles tendon
calisthenics
contract
Epsom salts
esophagus

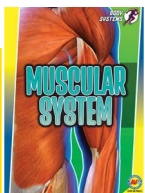
fibers
humerus
lens
ligaments
organs
pelvis

primates
pupil
resistancel
striated
tendons



1.
the part of the eye that focuses on what the eye sees
2.
parts of the body that perform special functions
3.
exercises, such as sit-ups and push-ups, that are usually done without special equipment
4.
strong bands that connect muscles to bones
5.
the opening in the center of the eyeball that controls the amount of light that enters the eye
6.
the muscular tube through which foods and liquids travel from the mouth down to the stomach

7.
to become smaller or shorter
8.
types of mammals that include humans, monkeys, and apes
9.
the part of the body between the chest and the pelvis
10.
short, strong bands that connect bones or hold joints together
11.
the tendon that connects the calf muscles in the lower leg to the heel of the foot
12.
striped



Key Words Match-Up

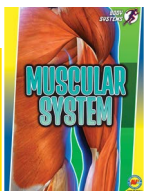
Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

abdomen	fibers	primates
Achilles tendon	humerus	pupil
calisthenics	lens	resistance
contract	ligaments	striated
Epsom salts	organs	tendons
esophagus	pelvis	

13.
the bone in the upper arm between the shoulder and the elbow
14.
salt-like crystals of the chemical magnesium sulfate that can be added to bathwater to soothe muscles
15.
involving an opposing force, or something that pushes back
16.
the ring of strong bones that forms the hips
17.
long, cord-like cells



Quiz

Test your knowledge by answering these quiz questions.

NAME

DATE

1 What is the longest muscle in the human body?

2 What dome-shaped sheet of muscle lies between the chest and the abdomen?

3 About how many muscles are in the head and neck?

4 What pair of muscles bends and straightens the elbow joint?

5 How many types of muscles are in the human body?

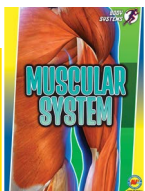
6 What is the main function of muscles?

7 In what year was the disease myasthenia gravis first recorded as a distinct medical condition?

8 How much blood does the heart pump out every heartbeat?

9 What is another name for amyotrophic lateral sclerosis (ALS)?

10 How many years does an osteopath's residency program last?



Quiz Answer Key

Compare your quiz answers with the answer key below.

NAME

DATE

- 1** Sartorius
- 2** Diaphragm
- 3** 80
- 4** Biceps and triceps
- 5** Three (skeletal muscle, smooth muscle, and cardiac muscle)
- 6** Movement
- 7** 1672
- 8** 2 fluid ounces (59.1 ml)
- 9** Lou Gehrig's disease
- 10** 2–6 years

