

Name _____

Per _____

Date _____

Questions to "Your Muscles"

Directions: Answer the following question based on the article "Your Muscles. Remember to use R.A.C.E.R. while answering the questions.

1. How many muscles are in the human body?

2. What are the different types of muscle in the body?

3. What is smooth muscle also called?

4. Describe smooth muscle.

5. What are some examples of smooth muscle?

6. What is cardiac muscle also called?

7. Describe cardiac muscle.

8. What is skeletal muscle also called?

9. Describe skeletal muscle.

10. Which muscle makes up the musculoskeletal system?

11. What works together with the skeletal muscle in order to give you body power and strength?

12. What attaches skeletal muscle to bones?

13. How do your tendons work to help move your bone?

14. Where are your most powerful muscles located?

15. How are your facial muscles different from other skeletal muscle?

16. Describe the following muscles.

a. Deltoid muscle:

b. Pectoralis muscles

c. Rectus abdominus:

d. Biceps:

e. Quadriceps:

f. Gluteus maximus:
