



Name: \_\_\_\_\_

Grade & Section: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



hunterswood.sph

## The Muscular System

Write the letter of the best answer on the blank before the number.

- \_\_\_\_\_ 1. Muscles are attached to bones by a tough cord of connective tissue called a \_\_\_\_\_.  
A. tendon                      B. ligament                      C. orbit
- \_\_\_\_\_ 2. Muscles work by \_\_\_\_\_, that is, by becoming shorter.  
A. dissolving                      B. relaxing                      C. contracting
- \_\_\_\_\_ 3. When muscles contract, they pull on the tendons, which pull on the \_\_\_\_\_.  
A. nerves                      B. bones                      C. skin
- \_\_\_\_\_ 4. In this way, the pull of the contracting muscles allows you to \_\_\_\_\_.  
A. sleep                      B. move                      C. learn
- \_\_\_\_\_ 5. Muscles can only \_\_\_\_\_; they cannot \_\_\_\_\_.  
A. pull; push                      B. increase; decrease                      C. go up; go down
- \_\_\_\_\_ 6. To move bones in opposite directions, muscles need to work \_\_\_\_\_.  
A. in groups of 10                      B. alone                      C. in pairs
- \_\_\_\_\_ 7. To bend your elbows, your biceps contracts and your \_\_\_\_\_ relaxes.  
A. uniceps                      B. triceps                      C. gastrocnemius
- \_\_\_\_\_ 8. To straighten your elbows, your triceps contracts and your biceps \_\_\_\_\_.  
A. relaxes                      B. helps contract                      C. shortens
- \_\_\_\_\_ 9. The type of muscles that you use to move your body are the \_\_\_\_\_.  
A. skeletal muscles                      B. smooth muscles                      C. cardiac muscles
- \_\_\_\_\_ 10. Skeletal muscles are \_\_\_\_\_; you can control them with your thought.  
A. compulsory                      B. voluntary                      C. involuntary

