

Quizlet

NAME _____

5 Written questions

1. There are 3 types of muscles - name them.

2. Skeletal muscle contracts slowly or quickly?

3. When we exercise we breathe hard. Blood vessels carry _____ to the muscles so they can do their work.

4. Skeletal muscle and Cardiac muscle look striped, or another word for striped which is _____.

5. Smooth muscle is involuntary and contracts quickly or slowly?

5 Matching questions

1. _____ The Heart

2. _____ Relaxes

3. _____ Tendons

4. _____ Voluntary

5. _____ Skeletal

A. When one muscle contracts, another _____.

B. Most common type of muscle is _____ muscle.

C. Skeletal muscle is attached to bones by the _____.

D. Cardiac muscle is found only in what organ of the body?

E. Muscles you can control are called _____ muscles.

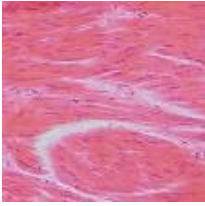
5 Multiple choice questions

1. If you don't exercise your muscles, they get weak and _____.

- A. Small
- B. Slowly
- C. Skeletal
- D. Muscle

2. This shows a picture of smooth muscle

A. -nonstriated -involuntary muscle -occurs in the walls of organs and blood vessels



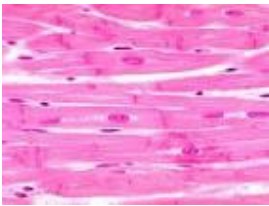
-Intestines

-The walls of blood vessels

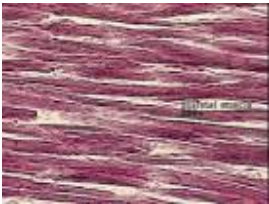
-Bladder

B. -Internal organs (except the heart)

C. -striated -involuntary muscle -fibers are more branched out



D. -striated -voluntary muscle -muscle strands are close together -connected to bones by tendons

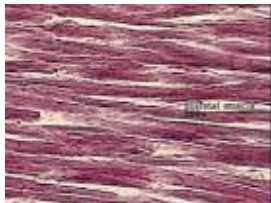


3. This shows a picture of cardiac muscle

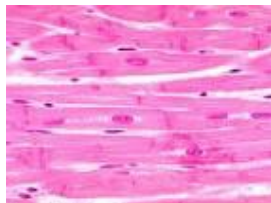
- Skeletal muscle (voluntary)
- Cardiac muscle (involuntary)

A. -Smooth muscle (involuntary)

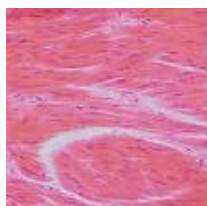
B. -striated -voluntary muscle -muscle strands are close together -connected to bones by tendons



C. -striated -involuntary muscle -fibers are more branched out

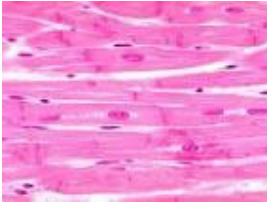


D. -nonstriated -involuntary muscle -occurs in the walls of organs and blood vessels



4. This shows a picture of skeletal muscle

A. -striated -involuntary muscle -fibers are more branched out

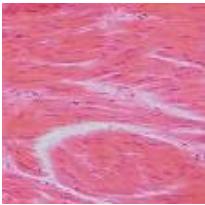


-Skeletal muscle (voluntary)

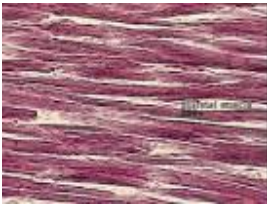
-Cardiac muscle (involuntary)

B. -Smooth muscle (involuntary)

C. -nonstriated -involuntary muscle -occurs in the walls of organs and blood vessels



D. -striated -voluntary muscle -muscle strands are close together -connected to bones by tendons



5. Do muscles pull or push?

A. Pull

B. Small

C. Slowly

D. Pairs

5 True/False questions

1. Cardiac muscle contracts involuntarily, about how many times each minute in the average adult? → 60-100 beats per minute

True

False

2. If a bicep is contracting, then the muscle it is paired with (the tricep) is _____ if the arm is moving. → Contracting

True

False

3. Muscles you cannot control are called _____ muscles. → Voluntary

True

False

4. Muscles always work in _____. → Pull

- True
- False

5. An organ that can relax and contract and provides the force to move your body parts is called a _____. → Striated

- True
- False