

Name: _____

The Muscular System: Quiz

Block: _____

1. The _____ bone moves toward the _____ bone.
2. The combined and co-ordinated activity that makes our muscular system and movements smooth involves a group of muscles contracting simultaneously. The one mainly responsible for producing a particular movement is called the _____ for that movement.
3. Name 3 types of muscle tissue: _____, _____, _____
4. Tendons attach _____ to _____
5. Ligaments attach _____ to _____
6. What are the small fluid-filled sacs which lie between some tendons and bone called? What is their function? Be specific (2 marks)
7. When a muscle does not shorten and no movement results, the contraction is:
(a) Isometric (b) Twitch
(c) Isotonic (d) Tetanic
8. Running is an example of which type of contraction?
(a) Isometric (b) Twitch
(c) Isotonic (d) Tetanic
9. Endurance Training is also known as:
(a) Isometrics (b) Aerobic Training
(c) Hypertrophy (d) Strength Training
10. In most cases, isotonic contraction of muscle produces movement at a/an:
(a) Insertion (b) Joint
(c) Origin (d) Bursa
11. Muscle hypertrophy can be best enhanced by a program of:
(a) Isotonic exercise (b) High-protein diet
(c) Better posture (d) Strength Training

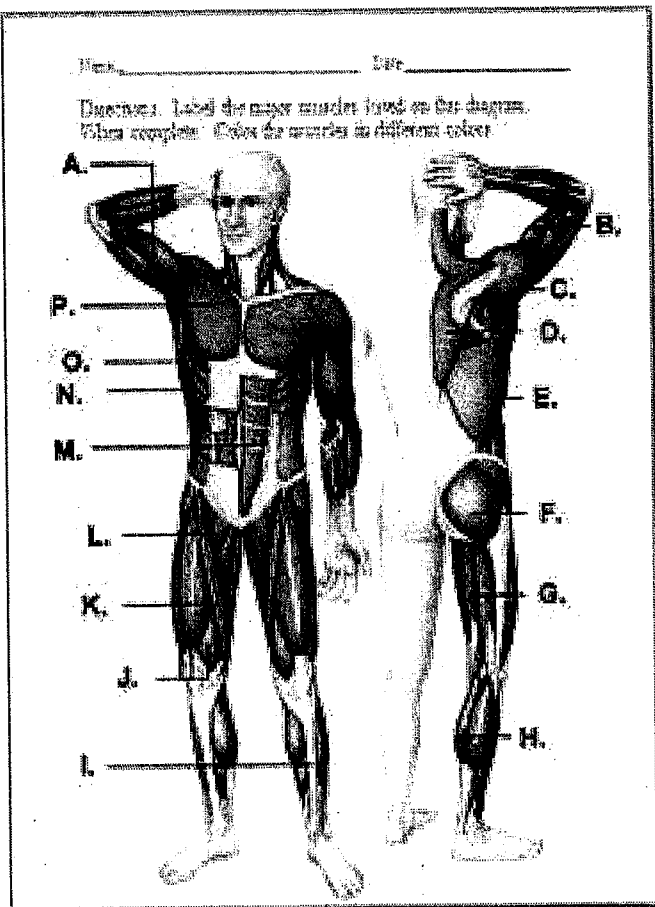
If the statement is True, write "T" on the answer blank. If the statement is false, correct the statement by circling the incorrect term and insert the correct term in the answer blank.

12. _____ The point of contact between the nerve ending and the muscle fiber is called a motor neuron.
13. _____ When oxygen supplies run low, muscle cells produce ATP and other waste products during contraction.
14. _____ If muscle cells are stimulated repeatedly without adequate periods of rest, the strength of the muscle contraction will decrease resulting in fatigue.

Types of Movements Produced by Skeletal Muscle Contractions:

15. A movement that makes the angle between two bones smaller is:
(a) Flexion (b) Abduction
(c) Extension (d) Adduction

16. Moving a part away from the midline is:
 (a) Flexion (b) Abduction
 (c) Extension (d) Adduction
17. Moving a part toward the midline is:
 (a) Flexion (b) Abduction
 (c) Extension (d) Adduction
18. _____ occurs when you turn the palm of your hand from an anterior to posterior position.
 (a) Dorsiflexion (b) Supination
 (c) Plantar flexion (d) Pronation
19. Dorsiflexion refers to:
 (a) Hand movements (b) Foot movements
 (c) Eye movements (d) Head movements
20. Each muscle organ has many muscle fibers, each containing thick and thin filaments. The thick filaments are formed from the protein _____
 (a) ATP (b) Myosin
 (b) Actin (d) Adenosine



A) _____
 B) _____
 C) _____
 D) _____
 E) _____
 F) _____
 G) _____
 H) _____
 I) _____
 J) _____
 K) _____
 L) _____
 M) _____
 N) _____
 O) _____
 P) _____