

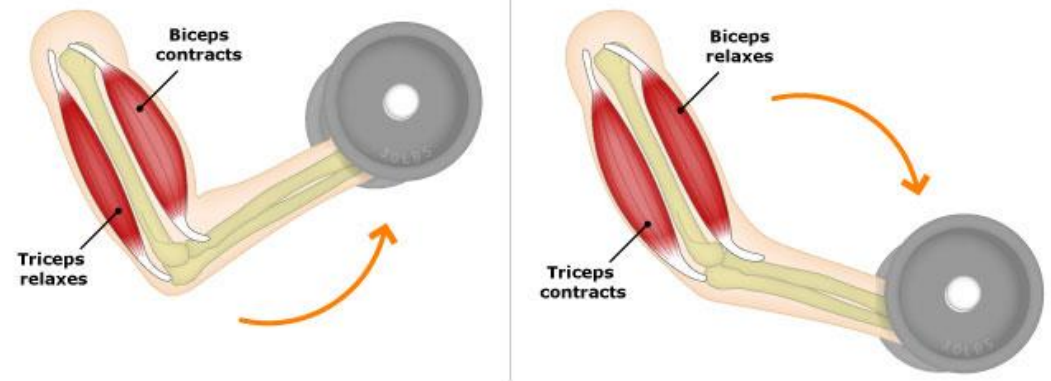
Moving Muscles

There are about 600 muscles in your body. Muscles have many functions. For example, they keep your heart beating, pull your mouth into a smile, and move the bones of your skeleton. The heart and diaphragm (the muscle that keeps you breathing) are both muscles we have no control over. These types of muscles are called involuntary muscles. Muscles that we control are called voluntary muscles. The muscles that move your bones are voluntary muscles.

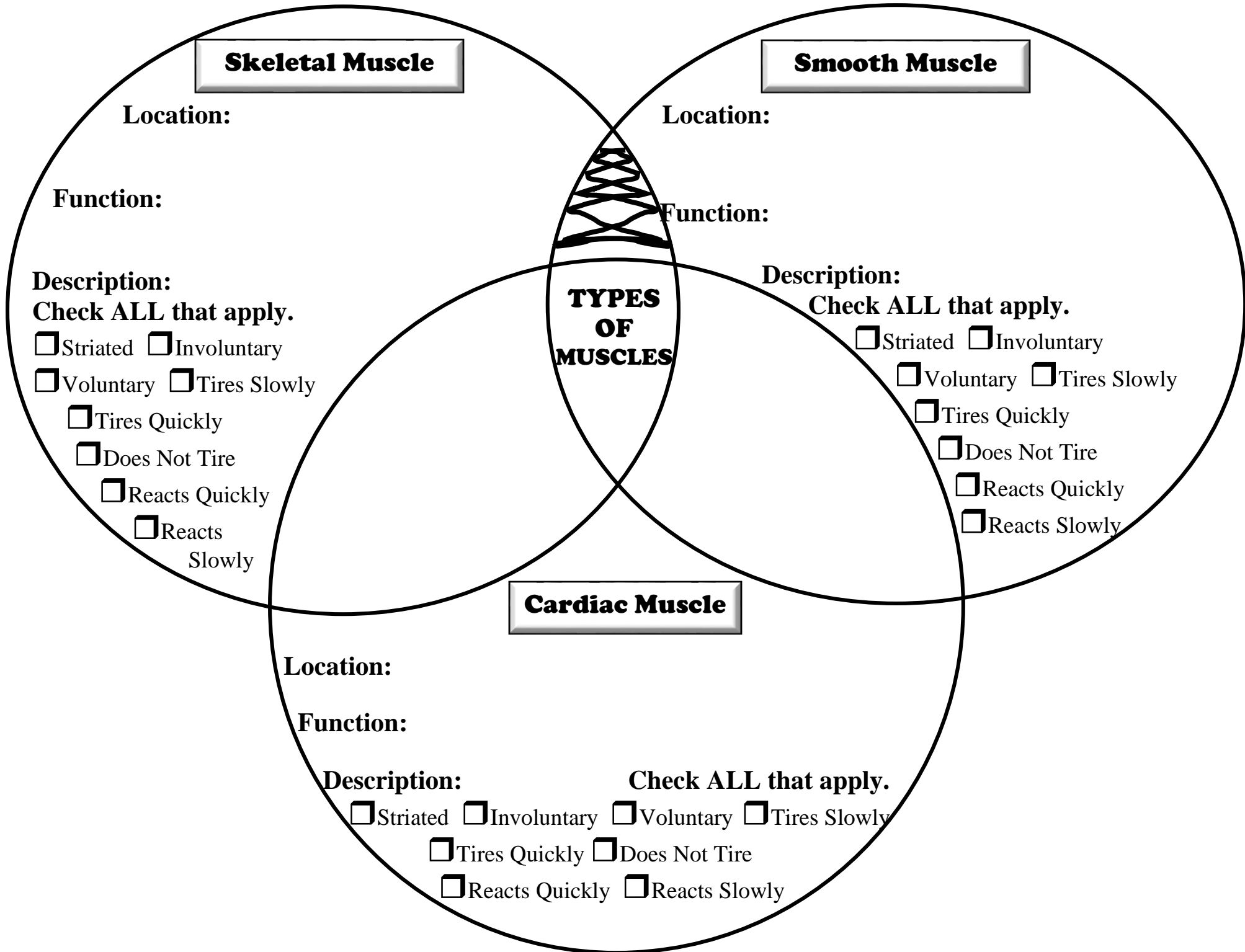
Your bones are moved by the muscular system. Muscles move only in one direction – they pull bones together. They cannot push bones apart. Muscles that move bones work in pairs. One muscle contracts and pulls the bones together. This causes the second muscle to relax. Then the opposite muscle contracts and pulls the same bones apart causing the first muscle to relax.

Observe the picture and answer the questions.

Opposing Muscle Pairs



1. Name the two muscles in the picture. _____
2. Which muscle is contracting when you bend your arm? _____
3. Which muscle is relaxing when you bend your arm? _____
4. Which muscle is contracting when you straighten your arm? _____
5. Which muscle is relaxing when you straighten your arm? _____
6. Which muscle is responsible for pushing bones apart? _____
7. What is the function of the muscular system?
 - A. To bring air into the body
 - B. To take blood around the body
 - C. To move your bones
 - D. To control your responses
8. Which is an example of an involuntary muscle?
 - A. heart
 - B. triceps
 - C. biceps
 - D. brain
3. Muscles we have control over are called –
 - A. cardiac muscles
 - B. voluntary muscles
 - C. involuntary muscles
 - D. smooth muscles



Skeletal Muscle

Smooth Muscle

Cardiac Muscle

TYPES OF MUSCLES

Location:

Location:

Location:

Function:

Function:

Function:

Description:

Description:

Description:

Description:

Check ALL that apply.

Check ALL that apply.

- Striated
- Involuntary
- Voluntary
- Tires Slowly
- Tires Quickly
- Does Not Tire
- Reacts Quickly
- Reacts Slowly

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