

~THE MUSCULAR SYSTEM~

Name _____ Hour _____ Score + ___/20

*(Fill in the answers below and on the back of this page's diagram.
Use your answers below to complete the diagram on the next page.
Please write entire word and spell correctly!!!)*

Anatomical Location	Scientific Term
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- | | |
|---|------------------------|
| 1. Chest (works as a pair with Trap's) _____ | TRICEPS |
| 2. Upper Arm (front) (works as a pair with Triceps) _____ | DELTOIDS |
| 3. Upper Arm (back) (works as a pair with Briceps) _____ | HAMSTRINGS |
| 4. Thigh (front) (works as a pair with Hamstrings) _____ | FOREARM |
| 5. Thigh (back) (works as a pair with Quadriceps) _____ | TIBIALIS ANTERIOR |
| 6. Buttocks _____ | TRAPEZIUS |
| 7. Lower Leg (front) (works as a pair with Gastroc) _____ | GASTROCNEMIUS |
| 8. Lower Leg (back) (works as a pair with Tib Anterior) _____ | STERNOCLEIDOMASTOID |
| 9. Heel Tendon _____ | GLUTEUS MAX/MEDMINIMUS |
| 10. Middle/Side/Low Back (works as a pair with Ab's) _____ | OBLIQUES |
| 11. Shoulders _____ | PECTORALIS |
| 12. Stomach (front) (works as a pair with Lat's) _____ | BICEPS |
| 13. Upper Back/Shoulder-V (works as a pair with Pec's) _____ | RECTUS ABDOMINUS |
| 14. Lower Arms _____ | LATISSIMUS DORSI |
| 15. Neck _____ | QUADRICEPS |
| 16. Stomach (sides) _____ | ACHILLE'S TENDON |

17. **WHAT & WHERE** are the three types of Muscle Systems in the body?

WHAT	WHERE
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- | |
|---|
| 1. <u>SKELETAL MUSCLES</u> ---> <u>ATTACHED TO BONE</u> |
| 2. _____ ---> _____ |
| 3. _____ ---> _____ |

18. What is the **largest** Skeletal Muscle in the body?

19. About **HOW MANY** Skeletal Muscles comprise the human body?

20. What weighs more...
...**MUSCLE** or **FAT**?
(Circle one)

21. Name **two muscles that tend to work in a pair**: the _____ **contracts (agonist)** while the _____ **relaxes (antagonist)**. This allows joints to bend and straighten. **ON THE FOLLOWING PAGE, FILL OUT THE DIAGRAM WITH EACH MUSCLE'S "OFFICIAL" NAME.**

(OVER ----->)

~THE MUSCULAR SYSTEM~

Name _____ Hour _____ Date _____

Please use this information to answer the following questions!!!!

The body is comprised of three types of muscles: **Cardiac** muscle, **Smooth** muscle, and **Skeletal** muscle. All of these are part of the **body's composition**. All body movement (involuntary and voluntary) is due to the contraction of muscles. However, **Skeletal muscles** are **voluntary**, meaning we can consciously control it with our brain. It is called Skeletal because it moves the bones. The body has over **600** Skeletal muscles. The face, itself, has over 30 muscles... which relax and contract to express a variety of emotions from pleasure and surprise to anger and confusion. About **40% of body weight** is made up of muscles. And, **muscle weighs more than fat**. They are well-supplied with blood vessels and nerves. But, if too little oxygen is delivered to the muscles during strenuous exercise, waste **lactic acid** builds up, **causing the muscles to ache**. The **largest** Skeletal muscle is the **gluteus maximus** and the **smallest** is the **stapedius** in the middle ear. Surprisingly, many teens and adults do not know the difference between many Skeletal muscles in their bodies, and that is what today's lesson is about. Please review this information throughout the week on the very colorful diagram of the **front (anterior/supine)** view of the body moving from **superior to inferior (top to bottom)** anatomical muscles, and then **back (posterior/prone)** inferior to superior on the view of the body. Along the way, it will be discussed that **these muscles tend to work in pairs**; one muscle **contracts (agonist) while the other relaxes (antagonist)**. This allows joints to bend and straighten.



Please use this information to answer the following questions!!!!



~THE MUSCULAR SYSTEM~

- A. DELTOIDS
- B. HAMSTRINGS
- C. QUADRICEPS
- D. LATISSIMUS DORSI
- E. GLUTEUS MAXIMUS/
MEDIUS/MINIMUS

- F. ABDOMINALS
- G. PECTORALIS
- H. GASTROCNEMIUS
- I. OBLIQUES
- J. ACHILLES TENDON
- K. FOREARM

- L. TIBIALIS ANTERIOR
- M. TRAPEZIUS
- N. BICEPS
- O. TRICEPS
- P. STERNOCLEIDOMASTOID

The Muscular System

Label the following muscles with their "official" names.

ANTERIOR (FRONT) VIEW

POSTERIOR (BACK) VIEW

