**MUSCULAR SYSTEM WORKSHEET**

1. Name the 3 types of muscular tissue and where each if found:

2. What is the difference between **involuntary and voluntary** muscle tissue?

3. Name 3 functions of the muscular system:

1.

2.

3.

4. Name 3 things needed for a muscle to contract:

1.

2.

3.

5. Define the following muscle movement terms:

**flexion:**

**extension:**

**adbuction:**

**adduction:**

6. Complete the following muscle chart:

|  |  |  |
| --- | --- | --- |
| Muscle  | Location | Function |
| Frontalis |  |  |
| Trapezius |  |  |
| Deltoid |  |  |
| Pectoralis major |  |  |
| Triceps brachii |  |  |
| Biceps brachii |  |  |
| Latissimus dorsi |  |  |
| Abdominal muscles |  |  |
| Gluteus maximus |  |  |
| Quadriceps |  |  |
| Hamstrings |  |  |
| Gastrocnemius |  |  |
| Achilles tendon (not a muscle) |  |  |

7. Describe and list causes and treatments for each of the following:

|  |  |  |  |
| --- | --- | --- | --- |
| **Condition** | **Description** | **Cause** | **Treatment** |
| **Cramp** |  |  |  |
| **Sprain** |  |  |  |
| **Strain** |  |  |  |
| **Tendinitis** |  |  |  |
| **Muscular Dystrophy** |  |  |  |
| **Muscle Fatigue** |  |  |  |

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