

Name _____

Muscular system

Every Time You Move

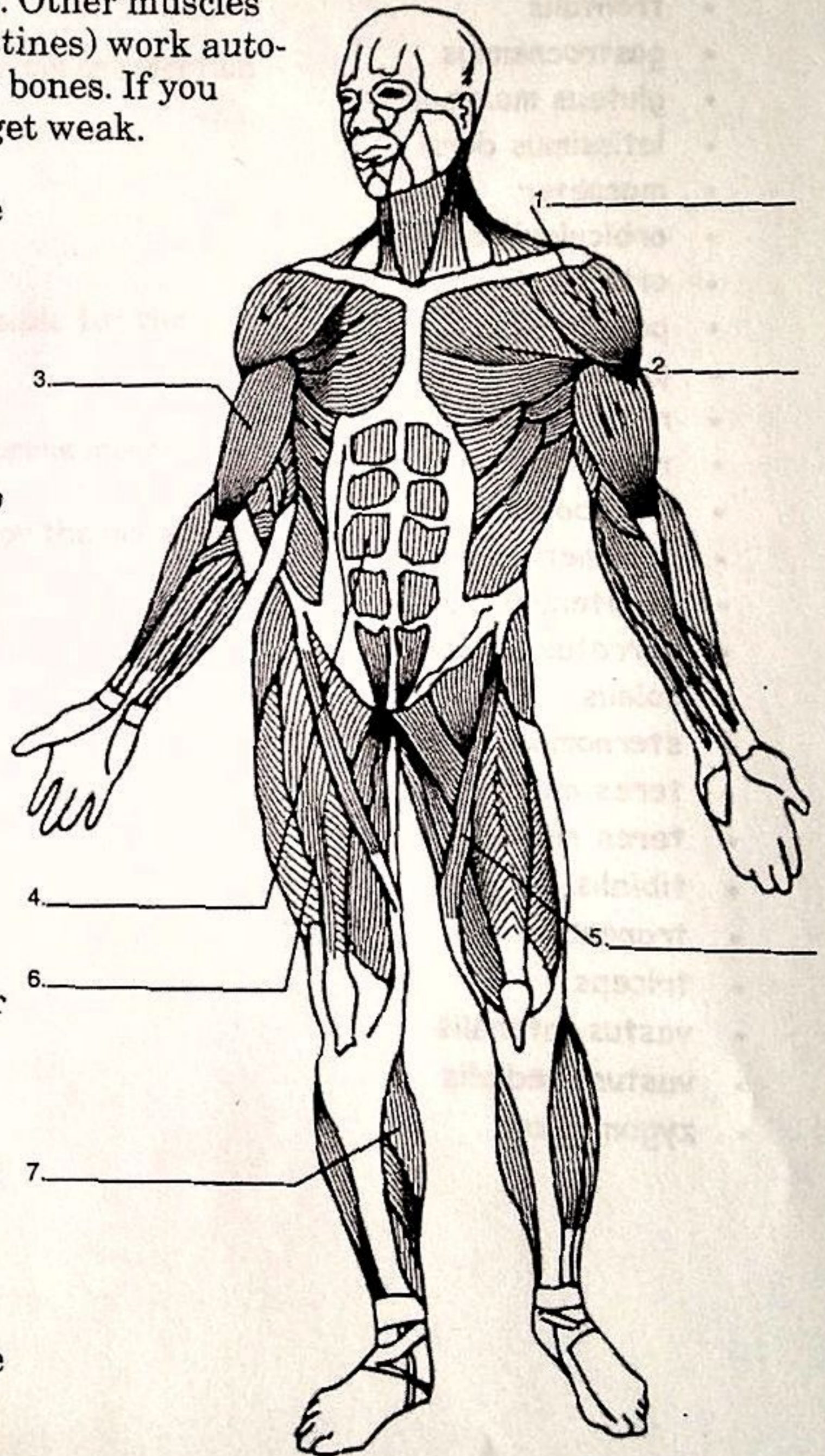
Every time you move, you move a muscle. There are about 650 muscles in your body.

The biggest and one of the most powerful muscles is the *gluteus maximus* in each *buttock*. Your smallest muscles are in your ear.

Some muscles (like those in your arms and legs) work only when you want them to. Other muscles (like those in your heart and intestines) work automatically. *Tendons* join muscles to bones. If you don't use your muscles, they will get weak.

Directions: Use the number code to label and color the **front** view of the muscular system.

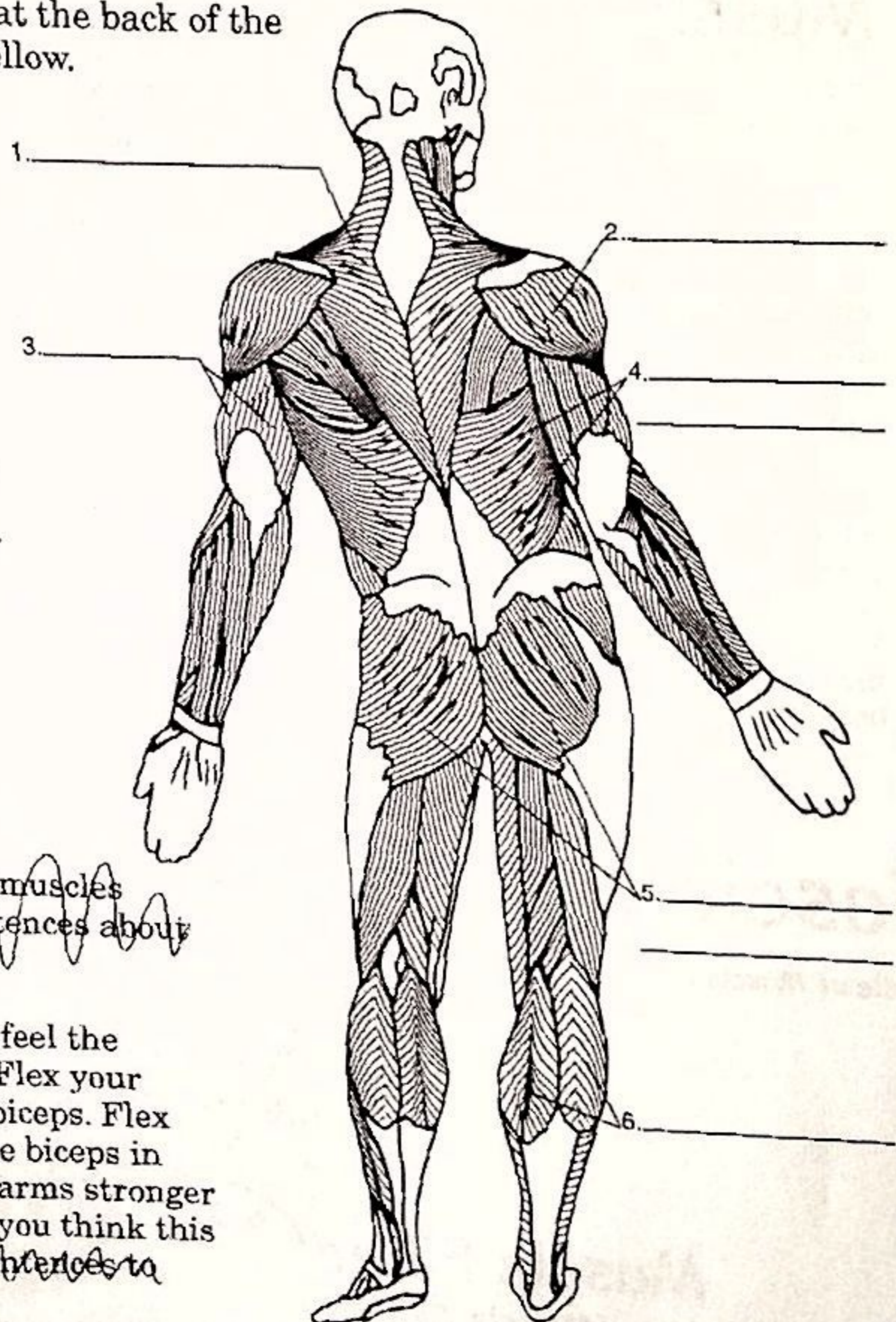
1. The **deltoid** is a large muscle covering the joint of the shoulder. Color it blue.
2. **Pectoral muscles** are the two muscles on either side of the chest wall. Color them red.
3. The **biceps** are the muscles in the upper arm. Color them purple.
4. The **rectus abdominis** muscles are the straight muscles of the abdomen and thigh. Color them yellow.
5. The **sartorius** is a long, flat, narrow muscle extending from the front of the hip to the inner side of the leg. Color it orange.
6. The **quadriceps**, a large, four-part muscle at the front of the thigh, extends the leg or bends it at the hip joint. Color it green.
7. The **gastrocnemius** is the largest muscle in the calf of the leg. Color it brown.



Every Time You Move

Directions: Use the number code to label and color the diagram of the **back** view of the muscular system.

1. The **trapezius** is a broad, flat muscle on each side of the upper back. Color it red.
2. The **deltoid** is a large, triangular muscle covering the joint of the shoulder. Color it blue.
3. The **triceps** are muscles at the back of the upper arm. Color them yellow.
4. The **latissimus dorsi** is a broad, flat muscle on each side of the middle of the back. Color it purple.
5. The **gluteus maximus** is the broad, thick, outermost muscle on each buttock. Color it green.
6. The **gastrocnemius** is the largest muscle in the calf of the leg. Color it brown.

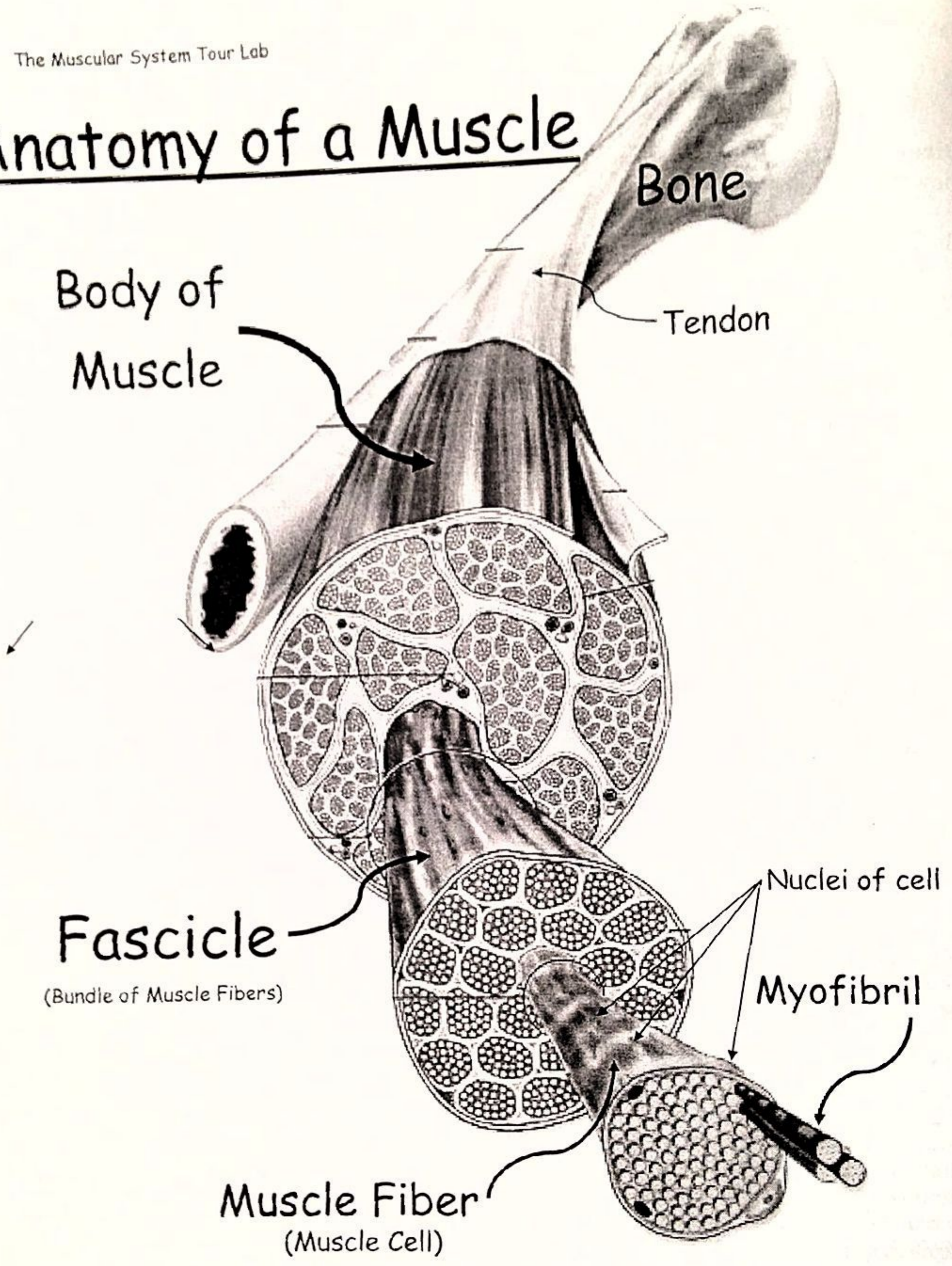


Research: Find out how muscles contract. Write a few sentences about how muscles contract.

Bonus: Make a fist and feel the muscle in your forearm. Flex your right arm and feel your biceps. Flex your left arm and feel the biceps in that arm. Is one of your arms stronger than the other? Why do you think this is true? Use complete sentences to explain this.

The Muscular System Tour Lab

Anatomy of a Muscle



Bone

Tendon

Body of Muscle

Fascicle

(Bundle of Muscle Fibers)

Nuclei of cell

Myofibril

Muscle Fiber

(Muscle Cell)

Your Body and How It Works

Name: _____

Date: _____

Activity

Look at the list of muscles below. Try to decide if the muscles are voluntary or involuntary. If a muscle is voluntary, write a V on the line. If a muscle is involuntary, write an I on the line. (Remember, some muscles can be both!) Good luck!

- _____ 1. Arm muscles
- _____ 2. Heart muscles
- _____ 3. Lung muscles
- _____ 4. Foot muscles
- _____ 5. Small intestine muscles
- _____ 6. Blood vessel muscles
- _____ 7. Leg muscles
- _____ 8. Hand muscles
- _____ 9. Eyelid muscles
- _____ 10. Bladder muscles
- _____ 11. Finger muscles
- _____ 12. Jaw muscles
- _____ 13. Large intestine muscles
- _____ 14. Throat muscles
- _____ 15. Eye muscles

Name: _____ Date: _____

Questions

1. What are the two basic groups of muscles?

2. Which muscles help you move when you want to?

3. Why aren't all your body muscles voluntary muscles?

4. Why can your eyelid muscles be classified as voluntary or involuntary muscles?

5. What kind of muscles could be described as striped sausages?

6. What are three places where skeletal muscles can be found?

7. Which part of your nervous system controls smooth and cardiac muscles?

8. What do smooth muscles look like?

9. What are three places where smooth muscles can be found?

10. What is the only place where cardiac muscle can be found?
