

The Muscular System

Check the statements that agree with the textbook. Rewrite the other statements so that they agree.

- ___ 1. Your arm and leg muscles are voluntary muscles.
- ___ 2. The action of involuntary muscles keeps blood pumping through your blood vessels.
- ___ 3. A lever is a type of simple machine.
- ___ 4. The joints of your body act like the bar of a lever.
- ___ 5. A first-class lever has the effort force between the fulcrum and the load.
- ___ 6. Cardiac muscles are the most numerous muscles in the body.
- ___ 7. Tendons connect skeletal muscles to bones.
- ___ 8. Of the three types of muscles found in the body, only smooth muscles are involuntary.
- ___ 9. Your intestines and bladder have one or more layers of smooth muscles.
- ___ 10. Cardiac muscle is found only in the heart.
- ___ 11. Muscles always push, they never pull.
- ___ 12. Skeletal muscle movements are the result of single muscles working alone.
- ___ 13. Muscles use energy in the form of glucose.
- ___ 14. When the bonds in glucose break, chemical energy changes to mechanical energy.
- ___ 15. Muscles produce thermal energy when they contract.
- ___ 16. The amount of work done by a particular muscle does not affect the size of the muscle.

Label the following illustrations with one of the three types of muscles.

