

What is the muscular system?

Lesson Review

Answer the following.

1. What is a tendon? _____
2. What is an extensor? _____
3. What is a flexor? _____
4. About how many muscles are there in the human body? _____
5. What is the difference between tendons and ligaments? _____

6. What must a muscle do to move a bone? _____
7. How do muscles work together to move parts of the body? _____

8. Is the biceps muscle of the arm a flexor or an extensor? _____
9. Is the triceps muscle of the arm a flexor or an extensor? _____
10. Are muscles relaxed or contracted when they move bones? _____

Skill Challenge

Skills: analyzing, identifying

Examine the diagrams below. Then, answer the questions that follow.

1. Explain how muscles work together to move the lower arm.



2. The triceps at the back of the upper arm is actually a group of muscles. Why do you think that there is more than one muscle? _____

3. Do you think that ball-and-socket joints would have a pair of muscles or a team of many muscles to provide movements in all directions? Why? _____

Answer Key

What is the muscular system?

Lesson Review

1. a strong band of elastic tissue that connects muscle to bone and makes movement possible
2. muscle that straightens a joint
3. muscle that bends a joint
4. more than 600
5. Ligaments connect one bone to another bone. Tendons connect a muscle to a bone.
6. contract
7. Most muscles work in teams of two, with one contracting while the other relaxes. For example, flexors and extensors work together with one muscle bending a body part, while the other muscle straightens the body part.
8. a flexor
9. an extensor
10. contracted

Skill Challenge

1. The bicep contracts while the tricep relaxes to pull the lower arm in to the upper arm, bending the arm. The tricep contracts while the bicep relaxes to extend the lower arm, straightening the arm.
2. A group of muscles, as opposed to just one muscle, allows for more possibilities of movement in the upper arm, such as the ability to twist.
3. Possible answer: A team of many muscles would be needed because you would need a different set of muscles for each direction that the bone could move.