

Muscles Make It Move

BibleMouse.com

Understanding Our Body's Movement

Name: _____

Date: _____

Answer the following questions based on what you learned about muscles and movement.

1. What are the three types of muscles in the human body?

- A. Skeletal, Smooth, Cardiac
- B. Skeletal, Cardiac, Fat
- C. Smooth, Cardiac, Bone

2. How do muscles work with bones to create movement?

3. Skeletal muscles help us move our body voluntarily.

- True False

4. Cardiac muscles are found in the ____.

5. Which type of muscle is responsible for moving food through your digestive system?

- A. Skeletal
- B. Smooth
- C. Cardiac

6. Why is it important to appreciate God's design in our muscles and movement?

7. Smooth muscles are under our conscious control.

- True False

8. Muscles contract and relax to create ____.

9. What do skeletal muscles help us do?

- A. Digest food
- B. Walk and move
- C. Pump blood

10. Name one way animals move differently than humans because of their muscle types.

Answer Key

1. Skeletal, Smooth, Cardiac 2. Muscles contract and pull on bones, which helps us move our body parts. 3. True 4. heart 5. Smooth 6. It shows how wonderfully made we are and how everything works together perfectly. 7. False 8. movement 9. Walk and move 10. Animals like birds use wings to fly, while humans walk on legs.