

Muscular System Review

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Understanding Our Muscle Types

Name: _____

Date: _____

Answer the following questions based on what you've learned about the muscular system.

1. Which muscle type is under voluntary control?

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

2. Name the three types of muscle and describe one characteristic of each.

3. The muscle that works automatically in the heart is called ____.

4. Skeletal muscles are found in the internal organs.

- True False

5. What type of muscle do you use to wave to a friend?

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

6. How do muscles in your stomach differ from those in your arm?

7. Smooth muscles are found in the ____ organs.

8. Voluntary muscles are those we can control at will.

- True False

9. Which of these muscles is NOT voluntary?

- A. Arm muscle
- B. Heart muscle
- C. Leg muscle

10. What does Psalm 139:14 tell us about God's creation of our bodies?

Answer Key

1. Skeletal Muscle 2. The three types of muscle are skeletal, smooth, and cardiac. Skeletal muscle is voluntary and attached to bones. Smooth muscle is involuntary and found in organs. Cardiac muscle is automatic and found in the heart. 3. cardiac 4. False 5. Skeletal Muscle 6. The muscles in my stomach are smooth and involuntary, meaning I can't control them. The muscles in my arm are skeletal and voluntary, so I can control their movement. 7. internal 8. True 9. Heart muscle 10. It tells us that we are fearfully and wonderfully made, highlighting the intricate design of our bodies. This shows that God created us with care.