

The Heart: A Muscular Marvel

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Understanding the Heart's Unique Design

Name: _____

Date: _____

Answer the following questions based on what you learned about the heart and cardiac muscle.

1. What is unique about cardiac muscle compared to skeletal muscles?

- A. It never gets tired
- B. It is under voluntary control
- C. It has no striations

2. The heart pumps about ____ gallons of blood daily.

3. Skeletal muscles and cardiac muscles work the same way.

- True False

4. Why do you think God designed the heart to work continuously?

5. How many times does the heart beat each day?

- A. 50,000
- B. 100,000
- C. 150,000

6. How did your heart rate change during our activity? Describe the difference.

7. Cardiac muscle is ____, meaning it works without you thinking about it.

8. The heart is made of the same type of muscle as your arm muscles.

- True False

9. According to Psalm 139:14, how does the speaker feel about God's creation?

- A. Fearfully and wonderfully made
- B. Ordinary and plain
- C. Unimportant

10. What did you learn about the heart that amazed you the most? Explain why.

Answer Key

1. It never gets tired 2. 2,000 3. False 4. God designed the heart to work continuously because it is essential for keeping our blood circulating and supplying oxygen to our body. This shows how intricately He created our bodies. 5. 100,000 6. My heart rate increased after the activity because I was exercising. It was much faster than my resting heart rate, which means my heart was working harder to pump blood. 7. involuntary 8. False 9. Fearfully and wonderfully made 10. I was amazed that the heart beats about 100,000 times a day without getting tired. It shows how wonderfully God designed our bodies to function.