

Muscle-Skeleton Connection Review

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Understanding the Muscular System

Name: _____

Date: _____

Answer the following questions based on what you learned about how muscles and bones work together.

1. What do muscles attach to in order to help us move?

- A. Ligaments
- B. Tendons
- C. Cartilage

2. Ligaments connect muscles to bones.

True False

3. Muscles help us move by pulling on _____.

4. How do tendons and ligaments contribute to movement in the body? Give examples.

5. What is the role of ligaments in the body?

- A. To connect muscles to bones
- B. To connect bones to other bones
- C. To provide energy for movement

6. God's design in human body mechanics is simple and random.

True False

7. According to Psalm 139:14, we are _____ and wonderfully made.

8. What is one way you can demonstrate the connection between muscles and bones using a model?

9. Which of the following is a benefit of having a coordinated muscle and skeletal system?

- A. Better balance
- B. Less movement
- C. No injuries

10. Movement in the body requires both muscles and the skeletal system to work together.

True False

Answer Key

1. Tendons 2. False 3. bones 4. Tendons connect muscles to bones, allowing movement. Ligaments connect bones to other bones, providing stability. For example, the Achilles tendon helps lift the heel. 5. To connect bones to other bones 6. False 7. fearfully 8. I can create a model showing how a muscle pulls on a tendon which then moves a bone. For example, using string to represent the tendon and a stick to represent the bone. 9. Better balance 10. True

