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1- Name 3 types of muscles and state where each is found.

1- Cardiac muscles: heart

2- Skeletal muscles: biceps

3- Smooth muscles: stomach, intestines, bladder

2- Name 3 muscles of the arm.

Biceps – Triceps – Forearm muscles

3- Describe how muscles enable you to move.

When a muscle contracts, it pulls on a tendon and the tendon moves the bone.

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4. Describe the differences between a contracted and a relaxed muscle.

The contracted muscle is shorter and fatter than the relaxed muscle.

5. Explain how your calf muscles cause your heel to lift.

When the calf muscle contracts, it pulls a tendon attached to the heel

bone and lifts the heel.

6. Suggest which muscles you use when climbing onto a bike.

Quadriceps, Hamstring muscles, calf muscles, abdominal muscles, bicep and forearm muscles.

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1. List some examples of antagonistic muscles.

Quadriceps and hamstring muscles / biceps and triceps / Calf muscle and shin muscle/ pectoral and back muscles

2. Describe the changes in the bicep and triceps muscles as the forearm moves up and down.

Biceps contract and triceps relax : arm bends

Biceps relax and triceps contract: arm straightens

3. Explain why some muscles need to work in pairs.

To move bones back to their original positions.
