

Name _____ Date _____ Period ____ Score _____

MUSCULAR SYSTEM VIDEO

1. Muscles are responsible for: _____

2. What are the three different types of muscle tissue? _____,
_____ and _____
3. What percent of the body's mass is made up of muscle? _____
4. Most of the muscle in the body is _____ muscle.
5. There are over _____ skeletal muscles, each attached to bone in at least _____
_____ places.
6. Most body movements are the result of _____ of muscles working
together or against each other.
7. Irritability and contractibility is your muscle's ability to respond to a _____.
8. A _____ junction is a connection between a nerve ending
and a muscle fiber.
9. Changes in the _____ makeup of the cells cause a muscle to
contract.
10. During _____ contractions the muscle shortens and
pulls on another structure which produces movement.
11. During _____ contractions the muscles are working
against an immovable object.
12. Exercise causes _____ of muscle fibers and contraction at a
_____ rate.
13. If we exercise our muscles continually for a long period of time we might experience
_____ due to lack of oxygen.
14. _____ is the most common source of energy for our muscles.
15. Lactic acid buildup in muscles occurs after a heavy workout and may cause _____
_____.
16. The heart wall is formed by _____ muscle that contracts
about _____ times per minute.
17. Visceral muscle is _____ muscle and is found
wrapped around organs such as the stomach, uterus, intestines and bladder.

18. Humans and other mammals are _____ or warm blooded.
19. Feedback loops in your body occur _____ of times everyday to help maintain homeostasis.
20. The largest organ in the body is the _____ and it weighs about _____ pounds.
21. The two main layers of the skin are the _____ and the _____.
22. A new layer of epidermis is produced about every _____.
23. What is the main function of hair? _____
24. What is the main function of hair? _____
25. What are the two main types of glands in your skin? _____ and _____.