6th Grade Muscular System STUDY GUIDE

1.) Can you label the different muscles?

- Frontalis
- Masseter
- Deltoid
- Bicep
- Obliques
- Sartorius
- Tibialis Anterior
- Rectus Femoris
- Pectoralis Major
- Rectus Abdominis
- Latissimus Dorsi
- Gluteus Medius
- Bicep Femoris
- Gastrocnemius
- Trapezius
- Tricep
2.) Label each type of muscle and describe what kind of work it does.

<table>
<thead>
<tr>
<th>Type of Muscle:</th>
<th>Cardiac</th>
<th>Skeletal</th>
<th>Smooth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work it does:</td>
<td>Makes heart beat</td>
<td>Moves your bones</td>
<td>Moves food in stomach</td>
</tr>
</tbody>
</table>

3.) Answer the following questions:
- When the bicep is contracted, the tricep is relaxed
- Another name for smooth muscles is involuntary
- Another name for skeletal muscles is striated
- What is another name for the heart? Cardiac
- How many muscles are in the human body? 650+
- The muscle that is a part of the hamstrings Bicep femoris
- The hamstrings work in pair with the quadriceps
- The muscle that is a part of the quadriceps? Rectus femoris
- Muscles work in pairs. The flexor bends the joint, the extensor straightens the joint.
- This type of muscle controls breathing and digestion. Smooth
- The type of muscle that reacts quickly and tires quickly. Skeletal
- What type of muscle makes up the myocardium? Cardiac
- Muscles are made of muscle fibers
- A muscle that has been stretched too far. Strain
- When the ligaments have been overstretched or torn. Sprain
- Tendons attach muscle to bone
- The name given to the skeletal and muscular systems combined. Musculoskeletal

4.) Where are the following muscles located on the body?
- Gastrocnemius- back of the lower leg
- Deltoid- on the shoulder
- Sternocleidomastoid- on your neck
- Tibialis Anterior- front of your lower leg
- Bicep- front of your upper arm

5.) List and describe the first aid formula for taking care of a sprain or strain. (Please make sure to give me details…DO NOT only write one word).

   Rest- the injured part ASAP
   Ice- cover the injured part with ice in a towel or plastic bag
   Compress- wrap the injury with an elastic bandage to reduce swelling
   Elevate- Raise the injured part above heart level.