



Name: _____

Muscular System Quiz

Read the description below and select the letter beside the word that best describes the description.

1. ____ Muscles you can control are called:
A. cardiac B. balance C. joints D. voluntary
2. ____ Muscles stabilize these.
A. muscle B. smooth C. joints D. glucose
3. ____ Muscle is tissue in the body that can _____ and relax.
A. contract B. voluntary C. heart beat D. stretchy fibers
4. ____ All muscles need a type of energy called _____.
A. balance B. contract C. glucose D. heart beat
5. ____ Muscles are bundles of _____
A. stretchy fibers B. joints C. contract D. voluntary
6. ____ Every move our body makes is controlled by this.
A. smooth B. cardiac C. muscle D. balance
7. ____ Muscles help the body with posture and _____.
A. joints B. stretchy fibers C. smooth D. balance
8. ____ There are 3 types of muscles in the body, skeletal, cardiac and _____.
A. glucose B. muscle C. smooth D. heart beat
9. ____ This is an example and a involuntary muscle.
A. heart beat B. contract C. voluntary D. cardiac
10. ____ This type of muscle is found around the heart.
A. glucose B. cardiac C. balance D. voluntary

Answers

Read the description below and select the letter beside the word that best describes the description.

1. D Muscles you can control are called:
A. cardiac B. balance C. joints D. voluntary
2. C Muscles stabilize these.
A. muscle B. smooth C. joints D. glucose
3. A Muscle is tissue in the body that can _____ and relax.
A. contract B. voluntary C. heart beat D. stretchy fibers
4. C All muscles need a type of energy called _____.
A. balance B. contract C. glucose D. heart beat
5. A Muscles are bundles of _____
A. stretchy fibers B. joints C. contract D. voluntary
6. C Every move our body makes is controlled by this.
A. smooth B. cardiac C. muscle D. balance
7. D Muscles help the body with posture and _____.
A. joints B. stretchy fibers C. smooth D. balance
8. C There are 3 types of muscles in the body, skeletal, cardiac and _____.
A. glucose B. muscle C. smooth D. heart beat
9. A This is an example and a involuntary muscle.
A. heart beat B. contract C. voluntary D. cardiac
10. B This type of muscle is found around the heart.
A. glucose B. cardiac C. balance D. voluntary