

HEALTH - Muscles

Listen and fill in the missing sections/questions:

The muscular system is made up of over muscles.
What is the primary purpose of the muscle system?

5 major properties

- 1 – Excitable or?
- 2 – contractible means muscles are.....?
- 3 – means muscle can stretched without damage by the application of force
- 4 – Elasticity means.....?
- 5 – adaptability means?

What is Hypertrophy in your own words?

.....

5 muscle movement types: * write example for each**

Adduction is

for example

Abduction is

for example

..... is bending a join to decrease the angle between two bones or two body parts

for example

Extension is

for example

..... is moving a body part around an axis

for example

Muscular system is divided into three main types of muscles, what are they?

.....,,

These muscles can be moved by one of two ways...

..... and

Explain what each muscle is like, where it forms etc

- 1)
- 2)
- 3)

What are the two supportive structures?

.....attach a muscle to a bone

.....connects muscles to other muscles

and together they create the.....

What is Quadriplegia?

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