

1. Where might you find involuntary muscle?

- a. In your arms
- b. In your mouth
- c. In your toes
- d. In your stomach

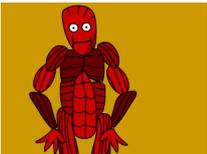
2. What is the best synonym for "voluntary?"

- a. Necessary
- b. Mandatory
- c. Unforced
- d. Painless

3. Place the following events in sequence: A) Your arm moves; B) An impulse travels along a nerve; C) You decide you want to move your arm

- a. A, B, C
- b. C, B, A
- c. C, A, B
- d. A, C, B

4. Why are voluntary muscles also known as skeletal muscles?



- a. They are part of your skeleton
- b. They give your body its form and structure
- c. They make your skeleton move
- d. They contain bone fragments

5. Which body part contains a joint?

- a. Shoulder
- b. Heart
- c. Tongue
- d. Brain

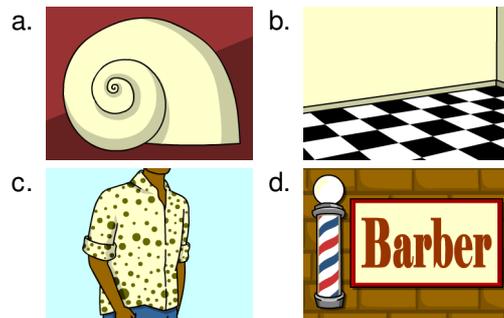
6. What can you infer from the fact that your body is basically covered in voluntary muscle?

- a. A large network of nerves also runs throughout your body
- b. You are also covered in involuntary muscle
- c. Your muscles outweigh your bones and skin combined
- d. Unless you exercise every day, your muscles will stop working

7. What might happen if one of your tendons snapped in half?

- a. One of your bones would break
- b. You wouldn't be able to move a bone
- c. An involuntary muscle would stop functioning
- d. Your muscles would tighten up, and not be able to relax

8. Which of the following depicts a striated object?



9. "Cardiac disease is a major problem in the United States." What can you infer about cardiac disease?

- a. It affects voluntary muscles
- b. It affects bones
- c. It affects tendons and joints
- d. It affects the heart

10. Glucose supplies your muscles with:

- a. Oxygen
- b. Energy
- c. Water
- d. Blood