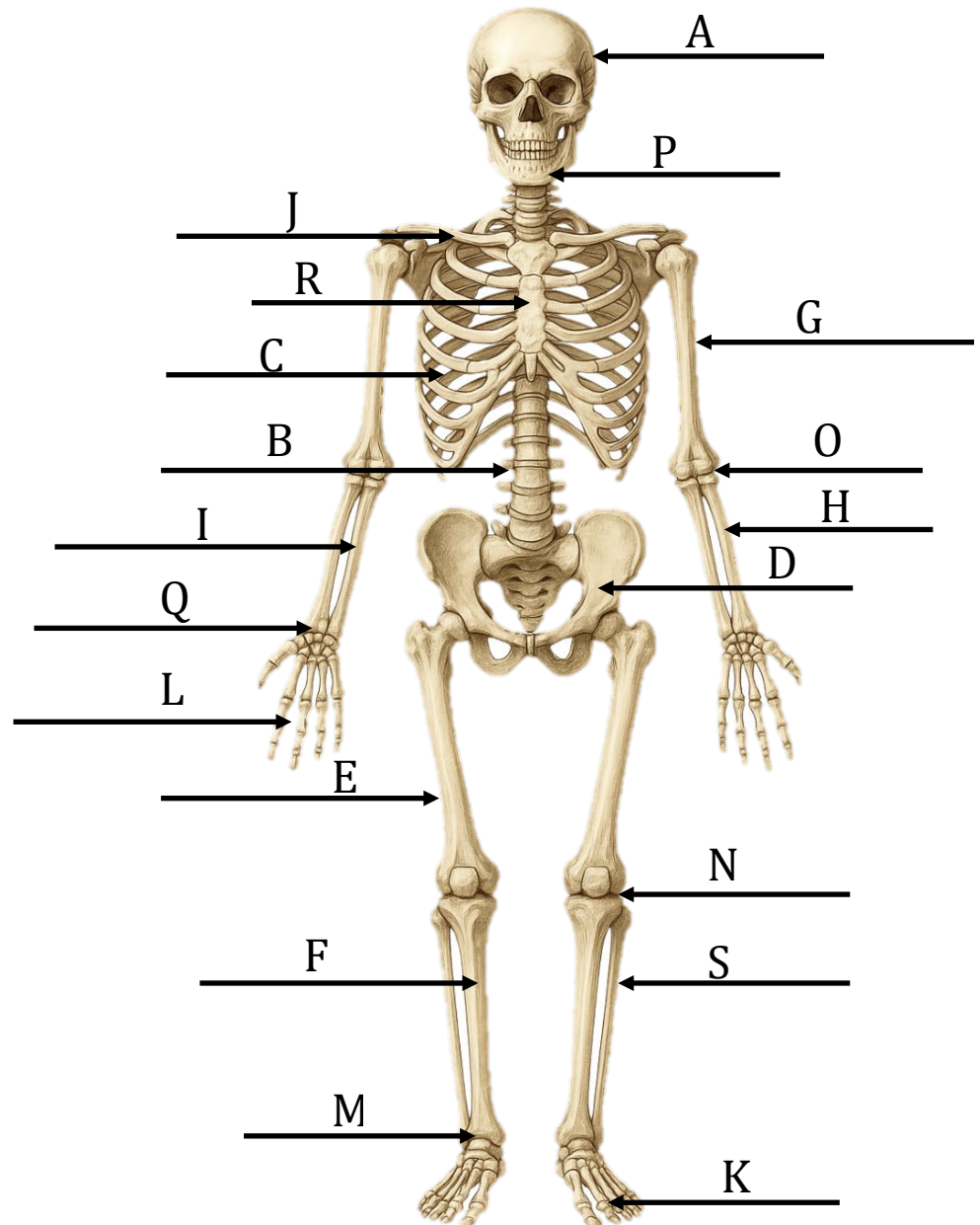


# Week 1 Worksheet: Skeletal & Muscular Systems Parent Key

## Part A: Label the Skeleton

Using the diagram provided, label the following bones and joints. You can use an anatomy atlas.

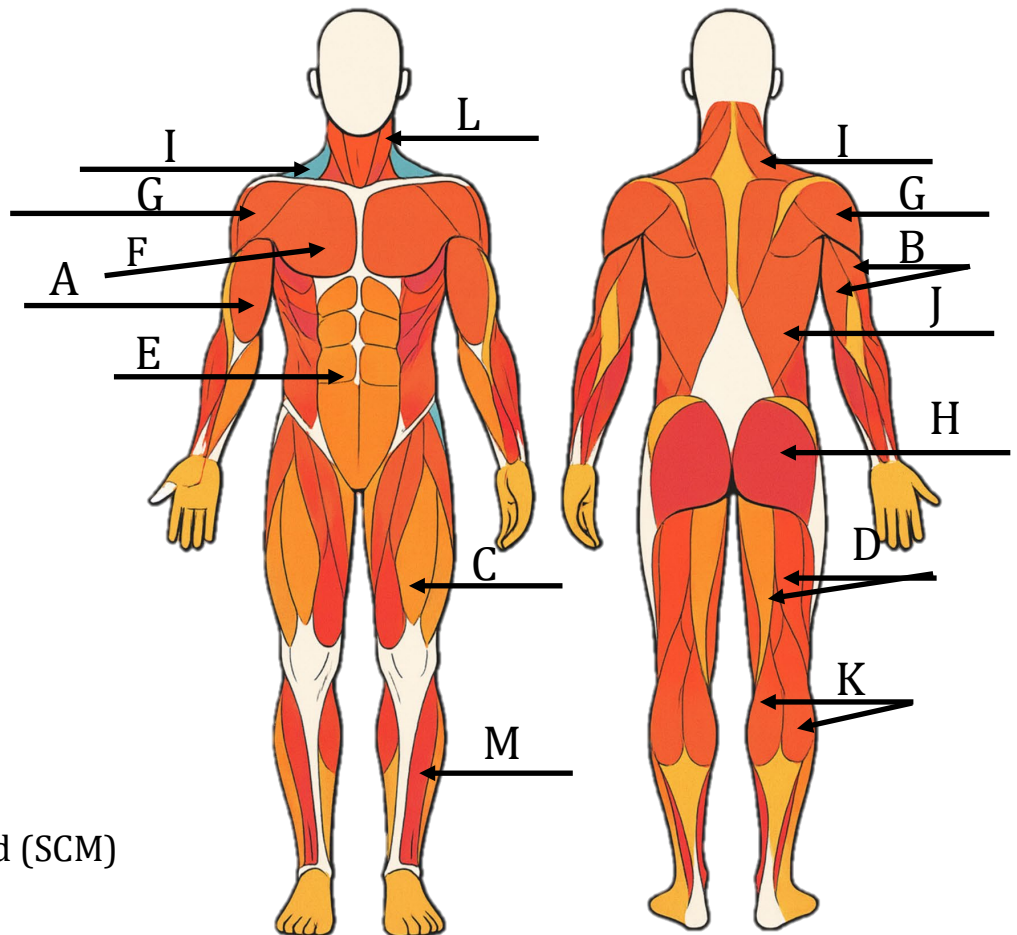
- A. Skull
- B. Spine
- C. Ribs
- D. Pelvis
- E. Femur
- F. Tibia
- G. Humerus
- H. Radius
- I. Ulna
- J. Clavicle
- K. Toes
- L. Fingers
- M. Ankle
- N. Knee
- O. Elbow
- P. Jaw
- Q. Wrist
- R. Sternum
- S. Fibula



## Part B: Label the Muscular Diagram

Using the diagram provided, label the following muscles. You can use an anatomy atlas.

- A. Biceps
- B. Triceps
- C. Quadriceps
- D. Hamstrings
- E. Abdominals
- F. Pectorals
- G. Deltoids (2 labels)
- H. Gluteals
- I. Trapezius (2 labels)
- J. Latissimus dorsi
- K. Gastrocnemius
- L. Sternocleidomastoid (SCM)
- M. Tibialis



## Part C: Short Reflection

In 2-3 sentences, explain why bones and muscles must work together for movement. *Anything the student writes here is a-okay!*

## Human Anatomy and Physiology Quiz

1. What is the study of body parts and their structure called?
  - A. Physiology
  - B. Anatomy**
  - C. Biology
  - D. Chemistry
2. What is the study of how body parts work called?
  - A. Anatomy
  - B. Physiology**
  - C. Engineering
  - D. Ecology
3. Why is it important to study the human body?
  - A. To understand health
  - B. To prevent illness
  - C. To learn about careers in science
  - D. All of the above**
4. How many main body systems are there?
  - A. 5
  - B. 8
  - C. 11**
  - D. 20
5. Which system's job is to move oxygen in and out of the body?
  - A. Digestive System
  - B. Nervous System
  - C. Respiratory System**
  - D. Muscular System
6. Which body system provides support and helps us stand tall?
  - A. Muscular System
  - B. Skeletal System**
  - C. Cardiovascular System
  - D. Integumentary System
7. Which bone protects your brain?
  - A. Spine
  - B. Ribs
  - C. Skull**
  - D. Femur
8. What is made inside red bone marrow?
  - A. Nerves
  - B. Blood cells**
  - C. Muscles
  - D. Skin cells
9. What type of joint is found at your shoulder and hip, allowing movement in many directions?
  - A. Hinge joint
  - B. Ball-and-socket joint**
  - C. Pivot joint
  - D. Gliding joint
10. What is the longest bone in the human body?
  - A. Skull
  - B. Femur**
  - C. Rib
  - D. Radius

11. Which type of muscle is voluntary and attached to bones?

- A. Smooth muscle
- B. Cardiac muscle
- C. Skeletal muscle**
- D. Involuntary muscle

12. What type of muscle is found only in the heart?

- A. Smooth muscle
- B. Skeletal muscle
- C. Cardiac muscle**
- D. Abdominal muscle

13. Which of the following is an example of smooth muscle activity?

- A. Flexing your arm
- B. Heartbeat
- C. Pushing food through intestines**
- D. Lifting your leg

14. Muscles generate body heat through which process?

- A. Relaxation
- B. Shivering**
- C. Digestion
- D. Stretching

15. Which major muscle group is located in the front of the thigh and straightens the leg?

- A. Hamstrings
- B. Quadriceps**
- C. Gluteals
- D. Calves

16. Which muscle group is responsible for bending the arm?

- A. Triceps
- B. Biceps**
- C. Deltoids
- D. Pectorals

17. What percent of total body weight is muscle tissue?

- A. 10–20%
- B. 20–30%
- C. 40–50%**
- D. 60–70%

18. What do muscles use as their main source of energy?

- A. Water
- B. ATP**
- C. Collagen
- D. Calcium

19. Muscles work in pairs. Which two muscles are an example of an antagonist pair?

- A. Quadriceps and hamstrings
- B. Biceps and triceps**
- C. Pectorals and deltoids
- D. Abdominals and obliques

20. Which muscle helps with breathing by contracting and relaxing under the lungs?

- A. Abdominals
- B. Quadriceps
- C. Diaphragm**
- D. Sternocleidomastoid