

Skills Worksheet

Reinforcement

Muscle Map

Complete this worksheet after you finish reading the section “The Muscular System.”

Each of the boxes below is labeled with one of the three types of muscle tissue in your body. Write each note in the correct box. Some of the notes can be used more than once.

Three Types of Muscle

Skeletal	Cardiac	Smooth

Notes

- moves bones
- involuntary
- voluntary
- often work in pairs
- in the heart
- moves food
- in blood vessels
- in the digestive tract
- pumps blood

A flexor is a muscle that bends a part of your body when it contracts. An extensor is a muscle that extends a part of your body when it contracts. Label the flexor muscle and the extensor muscle on the diagram below.

