

Name _____

Mighty Muscles: The Incredible World of Your Muscular System

Multiple Choice Questions

1. What are the three main types of muscles in the human body?

- a) Skeletal, nervous, and cardiac
- b) Skeletal, smooth, and cardiac
- c) Smooth, digestive, and skeletal
- d) Skeletal, smooth, and nervous

2. What is the role of ATP in muscle function?

- a) It provides structure to muscle fibers
- b) It stores oxygen in muscle cells
- c) It serves as the main source of energy for muscle contraction
- d) It helps transmit signals from the brain to the muscles

3. How do muscles get signals to know when to contract?

- a) From hormones released by the brain
- b) From blood flowing through the muscles
- c) From the food we eat
- d) From the nervous system

4. Which type of muscle is found in the heart?

- a) Skeletal muscle
- b) Smooth muscle
- c) Cardiac muscle
- d) Nervous muscle

5. Why is regular exercise important for muscle health?

- a) To make muscles smaller and weaker
- b) To challenge muscles to work harder
- c) To decrease blood flow to the muscles
- d) To make muscles stiff and inflexible

