

Name \_\_\_\_\_

## Mighty Muscles: The Incredible World of Your Muscular System

### Open-Ended Response Questions

1. How would you explain the difference between voluntary and involuntary muscles to a friend?
2. Can you think of any everyday activities that require the use of multiple muscle groups working together?
3. Why do you think it's important to maintain good posture?
4. How might someone know if they have strained a muscle during exercise?

