

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Voluntary muscles are muscles that we can control consciously, like those in our arms and legs, while involuntary muscles are muscles that work automatically without us having to think about it, like those in our internal organs.
2. Examples of everyday activities that require the use of multiple muscle groups working together include walking, climbing stairs, and playing sports.
3. Maintaining good posture is important because it helps prevent muscle strain and injury, reduces back and neck pain, and improves breathing and digestion.
4. Someone might know they have strained a muscle during exercise if they experience pain, swelling, or limited range of motion in the affected area.

