

Name _____

Big and Small: Exploring the Largest and Smallest Muscles in the Human Body

Open-Ended Response Answer Key

1. The gluteus maximus is important for everyday activities because it helps with walking, running, climbing stairs, and stabilizing the pelvis and lower back.
2. The stapedius muscle plays a role in preserving hearing by contracting reflexively in response to loud noises, reducing the transmission of sound vibrations to the inner ear.
3. One exercise that can help strengthen the gluteus maximus is squats.
4. Maintaining a healthy lifestyle by eating well, staying hydrated, exercising regularly, and avoiding harmful habits can benefit your muscles by keeping them strong and healthy.

