

Name \_\_\_\_\_

## The Mighty Skeletal Muscles: Your Body's Movers and Shakers

### Multiple Choice Questions

1. What are skeletal muscles attached to bones by?
  - a) Ligaments
  - b) Tendons
  - c) Cartilage
  - d) Blood vessels
  
2. What sends signals to skeletal muscles to move?
  - a) Brain
  - b) Heart
  - c) Lungs
  - d) Stomach
  
3. What are the tiny units inside skeletal muscle cells called?
  - a) Myofibrils
  - b) Sarcomeres
  - c) Tendons
  - d) Ligaments
  
4. Which muscles are examples of skeletal muscles?
  - a) Heart muscles
  - b) Muscles in the stomach
  - c) Muscles in the legs
  - d) Muscles in the intestines
  
5. How do sarcomeres contribute to muscle contraction?
  - a) By relaxing
  - b) By pulling on each other
  - c) By stretching
  - d) By expanding

