

Name _____

Exploring Muscle Magic: The Amazing World of Muscle Tissues

Multiple Choice Questions

1. What are the muscles you can control voluntarily called?
 - a) Cardiac muscles
 - b) Smooth muscles
 - c) Skeletal muscles
 - d) Tendons

2. Where are smooth muscles found in the body?
 - a) Attached to bones
 - b) In the heart
 - c) In internal organs
 - d) In blood vessels

3. Which type of muscle is responsible for pumping blood around the body?
 - a) Cardiac muscle
 - b) Smooth muscle
 - c) Skeletal muscle
 - d) Tendons

4. What structures inside muscle cells are responsible for contraction?
 - a) Myofibrils
 - b) Tendons
 - c) Sarcomeres
 - d) Bones

5. How do skeletal muscles work?
 - a) They contract rhythmically on their own.
 - b) They help with digestion and circulation.
 - c) They contract when you decide to move.
 - d) They relax slowly and smoothly.

