

Day 56

Muscular System Video Questions

1. During muscle contraction, what roles do heart rate, oxygen, carbon dioxide and heat play in maintaining homeostasis? (Use complete sentences to answer the question.)
2. What percent of a person's weight is due to muscle?
3. How many different muscles are located in human body?
4. All people have the same number of muscle cells. True or False?
5. Why is a high protein diet needed by body builders?
6. Muscles are attached to bones by:
7. How are glycogen and oxygen delivered to muscle cells?
8. Strong connect tissue that connects bones is called:
9. Complete the following chart comparing the types of muscles:

Muscle Type	Type of Control (voluntary or involuntary)	Location	Striated or Non-Striated	Function
Skeletal				
Smooth				
Cardiac				

10. Describe the following injuries involving muscles:
 - a. sprain-
 - b. muscle strain-
 - c. cramp-
11. How do the following contribute to healthy muscles? (Use complete sentences to describes the role of each.)
 - a. healthy diet-
 - b. exercise-
 - c. rest-

