

## Quick Check

## Get Moving! All About Muscles

Name \_\_\_\_\_ Date \_\_\_\_\_

**Instructions:** Read each question carefully and choose the best answer.

1. Muscles allow your body to do all of the following except \_\_\_\_\_.
  - Ⓐ move food through your stomach
  - Ⓑ move blood through your body
  - Ⓒ wiggle your toes
  - Ⓓ make you smarter
2. Which statement is incorrect?
  - Ⓐ A muscle pushes and pulls a bone.
  - Ⓑ Exercise strengthens muscles.
  - Ⓒ Skeletal muscles do need rest.
  - Ⓓ The heart does not need rest.
3. How are voluntary muscles different from involuntary muscles?
  - Ⓐ Voluntary muscles move on their own.
  - Ⓑ Voluntary muscles move when we want them to.
  - Ⓒ Voluntary muscles are only in your legs.
  - Ⓓ All of the above
4. Which of the following is not a type of muscle?
  - Ⓐ cardiac
  - Ⓑ smooth
  - Ⓒ rough
  - Ⓓ skeletal
5. What is the **quadriceps**?
  - Ⓐ the muscle in the upper arm that lifts the forearm
  - Ⓑ the muscle on the top of the thigh that lifts the leg
  - Ⓒ the muscle on the back of the thigh that makes the knee bend
  - Ⓓ the shoulder muscle
6. Which of the following states an opinion?
  - Ⓐ The sartorius is the body's longest muscle.
  - Ⓑ The gluteus maximus is the body's biggest muscle.
  - Ⓒ The heart pumps blood through the body.
  - Ⓓ People need to exercise several times a day to be healthy.

*Quick Check continued on following page*

Name \_\_\_\_\_ Date \_\_\_\_\_

7. What is the name of the tendon that connects the calf muscle to the heel bone?
  - Ⓐ bicep
  - Ⓑ Achilles tendon
  - Ⓒ trapezius
  - Ⓓ tricep
8. How are smooth muscles different from skeletal muscles?
  - Ⓐ Smooth muscles are voluntary.
  - Ⓑ Smooth muscles are smaller and thinner.
  - Ⓒ Smooth muscles are only on your face.
  - Ⓓ All of the above
9. What is the main idea of the section "Muscle Building"?
  - Ⓐ It takes a lot of oxygen to keep muscles moving.
  - Ⓑ Exercise is important to keep your muscles strong.
  - Ⓒ Muscles get weak if you break a bone.
  - Ⓓ Muscles get tired.
10. Which sentence is most likely to be true?
  - Ⓐ A person with a strong, healthy heart will live to be over one hundred years of age.
  - Ⓑ A person with a strong, healthy heart and who also exercises is likely to live longer.
  - Ⓒ A person does not need a healthy heart to live a long time.
  - Ⓓ A person only needs to exercise to live a long time.
11. **Extended Response:** Explain why it is important for involuntary muscles to work without you having to think about the jobs they do.
12. **Extended Response:** Why is it important to keep your muscles strong, especially your cardiac muscle? Explain.

## Quick Check Answer Sheet

## Get Moving! All About Muscles

Main Comprehension Skill: Main Idea and Details

1. Ⓓ Main Idea and Details
2. Ⓐ Main Idea and Details
3. Ⓑ Compare and Contrast
4. Ⓒ Main Idea and Details
5. Ⓑ Vocabulary
6. Ⓓ Fact or Opinion
7. Ⓑ Vocabulary
8. Ⓑ Compare and Contrast
9. Ⓑ Main Idea and Details
10. Ⓑ Make Inferences / Draw Conclusions
11. Answers will vary, but should include the following: *if you had to think about what involuntary muscles did to make them work you probably wouldn't be living, or at least wouldn't be doing much other than thinking about breathing, pumping blood, and moving food through your system.*
12. Answers will vary, but should include the following: *exercise keeps muscles working properly, you can do more activities when muscles are strong, and muscles work more efficiently when exercised.*