

Name _____

Date _____

Page _____

Anatomy of the Muscular System Worksheet

Multiple Choice

1. An entire skeletal muscle is covered by a dense sheath called
 - a. Endomysium
 - b. Perimysium
 - c. Epimysium
 - d. Aponeurosis
2. Muscles that are arranged like feathers in a plane are described as
 - a. Parallel
 - b. Convergent
 - c. Spindled
 - d. Pennate
3. Aponeurosis is
 - a. Broad and flat
 - b. Cube-shaped
 - c. Featherlike
 - d. Circular
4. Antagonists are muscles that
 - a. Oppose prime movers
 - b. Facilitate prime movers
 - c. Stabilize muscles
 - d. Closely perform movements
5. A fixed point about which a real motion is called a
 - a. lever
 - b. base
 - c. belly
 - d. fulcrum
6. In first-class levers the
 - a. Fulcrum is between the load and the force
 - b. Load is between the fulcrum and force
 - c. Force is between the fulcrum and load
 - d. Load and force are equal
7. All of the following are common calf muscles except
 - a. Deltoid
 - b. Iliopsoas
 - c. Suprapsoas
 - d. Triceps surae
8. The muscle that turns the shoulder is the
 - a. Sternocleidomastoid
 - b. Deltoid
 - c. Trapezius
 - d. Pectoralis major
9. The posterior arm muscle that extends the forearm is the
 - a. biceps brachii
 - b. brachioradialis
 - c. brachialis
 - d. triceps brachii
10. The muscles of the quadriceps femoris include all of the following except
 - a. Vastus intermedius
 - b. Vastus medialis
 - c. Vastus lateralis
 - d. Vastus horrens
11. The anterior superior iliac spine is the site of origin for the
 - a. Sartorius
 - b. Rectus femoris
 - c. Gracilis
 - d. Iliacus
12. Flexor flexion of the foot is achieved by the
 - a. Tibialis anterior
 - b. Tibialis posterior
 - c. Peroneus tertius
 - d. Soleus
13. The muscles of the forearm include all of the following except
 - a. Digastric
 - b. Semispinalis
 - c. Semispinalis cervicis
 - d. Biceps brachii
14. Which of the following muscles does not cross the upper arm?
 - a. Pectoralis major
 - b. Latissimus dorsi
 - c. Deltoid
 - d. Trapezius
15. The origin of a muscle is on the femur, and the insertion is on the tibia. When it contracts, it bends the knee. Which of the following is true?
 - a. The knee is acting as a fulcrum
 - b. It is an example of a first class lever
 - c. It is an example of a second class lever
 - d. A and C
16. The origin of a muscle is on the femur, and the insertion is on the tibia. When it contracts, it bends the knee. The fibers are parallel. What term might be a part of its name?
 - a. Rectus
 - b. Oblique
 - c. Femoris
 - d. A and C
17. Which of the following is not a function of all muscles?
 - a. Excitability
 - b. Contractility
 - c. Extensibility
 - d. Conductivity