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## 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. Spindly
  - 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 hamstring include all of the following except
  - a. Biceps
  - b. Semitendinosus
  - c. Semimembranosus
  - d. Biceps femoris
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. Communicability