



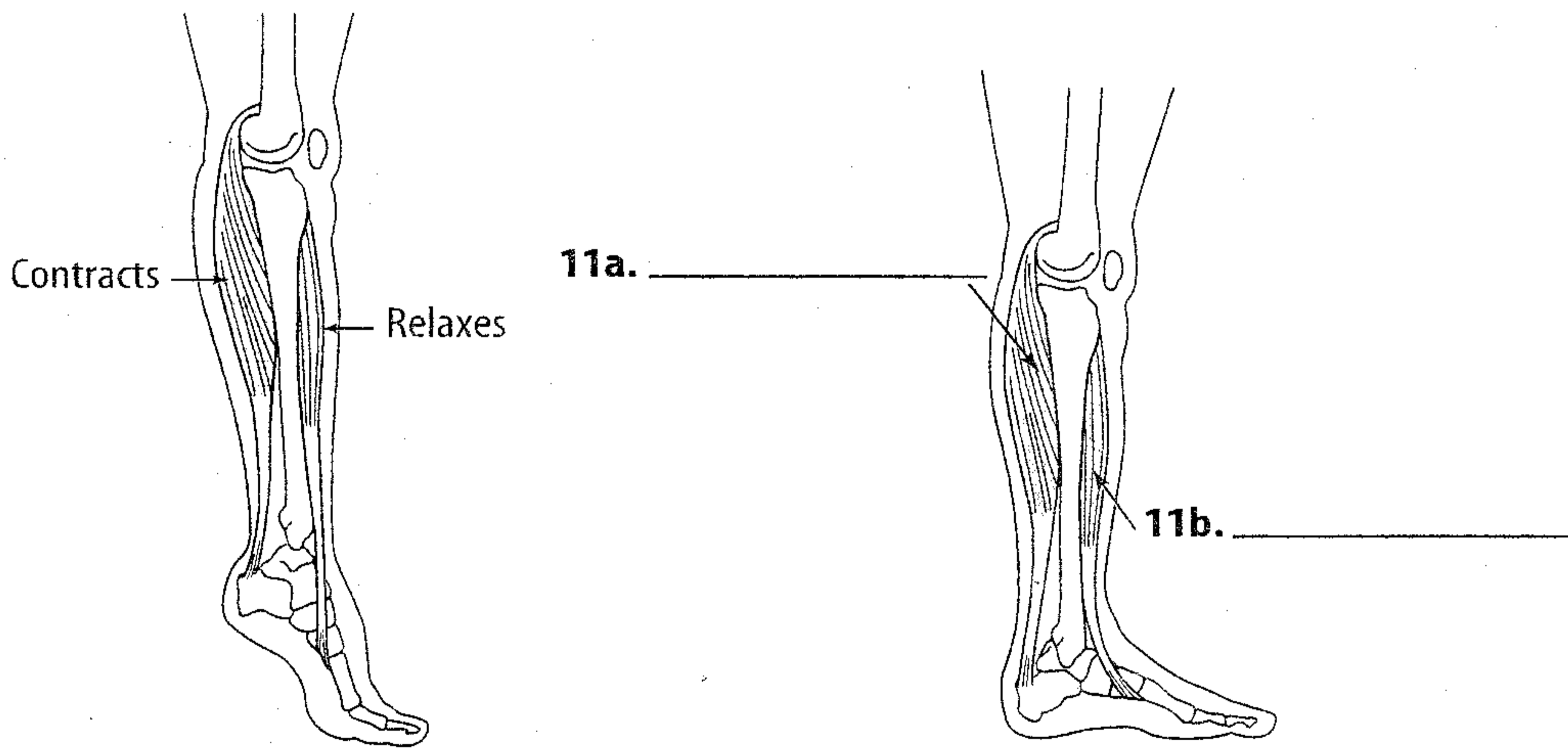
Reinforcement

The Muscular System

Directions: Think of the type of muscle associated with each of the following body parts. In the space provided, write the name of the type of muscle associated with that body part. Also tell whether that muscle is **voluntary** or **involuntary**.

1. thigh: _____
2. upper arm: _____
3. intestine: _____
4. heart: _____
5. calf: _____
6. stomach: _____
7. hand: _____
8. blood vessels: _____
9. uterus: _____
10. neck: _____

Directions: The two illustrations show an ankle bending. Label the second illustration, showing which muscle contracts and which muscle relaxes.



12. About how many muscles are in the body? _____
13. How do muscles produce mechanical energy?

14. What happens when the supply of energy-rich molecules in a muscle is used up?



Reinforcement

The Skin

Directions: List the five functions of skin.

1. _____
2. _____
3. _____
4. _____
5. _____

Directions: Answer the following questions on the lines provided.

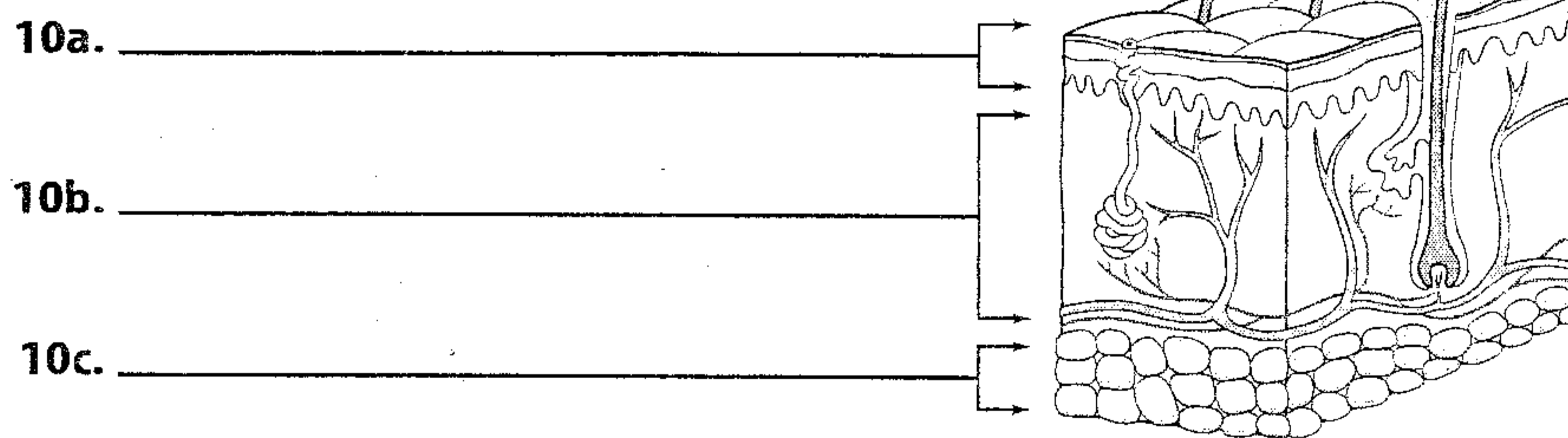
6. How does sweating help a runner?

7. Name two waste products that sweat glands release. _____

8. Under what conditions is vitamin D produced by the body and where?

9. Why does the body require vitamin D?

Directions: Label the three layers on the illustration of the skin.



11. Why does a person's skin usually get darker during the summer?

12. How does skin try to repair itself when the epidermis is slightly injured?
