Muscle Map

Complete this worksheet after you finish reading about muscles in your textbook pages 476 - 481.

Each of the boxes below represents one of the three types of muscle tissue in your body. Write the notes in the appropriate box. Some of the notes can be used more than once.

Three Types of Muscle

<table>
<thead>
<tr>
<th>Skeletal</th>
<th>Cardiac</th>
<th>Smooth</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ____________</td>
<td>5. ____________</td>
<td>7. ____________</td>
</tr>
<tr>
<td>2. ____________</td>
<td>6. ____________</td>
<td>8. ____________</td>
</tr>
<tr>
<td>3. ____________</td>
<td></td>
<td>9. ____________</td>
</tr>
<tr>
<td>4. ____________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes
- moves bones
- involuntary
- voluntary
- often works in pairs
- in the heart
- in blood vessels
- in the digestive tract

Look at the diagram of a human leg below. A flexor is a muscle that bends a part of your body when it contracts, and an extensor is a muscle that extends a part of your body when it contracts. Label the flexor muscle and the extensor muscle on the diagram below.

11. _______

12. _______

[Diagram of a human leg with labels for flexor and extensor muscles]