Name:_____   **Date:**_____

Directions: For this section, fill in either the name or the location of the muscle as well as the muscle system in which the muscle is used.   Choices for Muscle Systems are *Upper Body, Lower Body, Core,* and *Back of Core.*

Muscle	Location	Muscle System.
Deltoid		
	Chest Muscle	
	Front of upper leg	
Hamstrings		
	Upper Back	
	Front of upper arm	
Rectus Abdominals		
Latissimus Dorsi		
	Side of mid section	
Triceps		
	Back of lower leg (calf)	

Directions: For questions 1-4, choose the best answer for each question and write the letter on the line provided for you next to the number.

_____ 1. Which type of muscle controls voluntary movement?
   A. Skeletal
   B. Cardiac
   C. Pulmonary
   D. Smooth

_____ 2. What is **Abduction**?
   A. Turning the foot inside out
   B. Raising the shoulders toward the ceiling
   C. Moving away from the midline or median plane
   D. Circular movement of a limb

_____ 3. If I just bent my elbow to flex my bicep, what range of motion have I just completed?
   A. Supination
   B. Inversion
   C. Depression
   D. Flexion

_____ 4. If I went to pick up a bowl of soup, the motion of rotating my lower arm to anatomical position is
   A. Adduction
   B. Supination
   C. Pronation
   D. Extension