

MUSCULAR SYSTEM JEOPARDY

On PC: Click “Slide Show” below before beginning. Then click on the right arrow. Select category and amount for questions. Click on the star for the answer. To go back to board, click “escape”.

On Apple or Chrome, scroll down for questions and answers.

FUNCTION (JOBS)	EXERCISES TO BUILD MUSCLES	MUSCLE GROUP NAMES	HEALTHY MUSCLES	OTHER MUSCLE FACTS
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

HOW MUSCLES WORK FOR 100

- MUSCLES WORK WHEN A MESSAGE IS SENT FROM THE BRAIN SIGNALING THE MUSCLE TO DO THIS?



ANSWER

HOW MUSCLES WORK FOR 100

- ANSWER: CONTRACT



HOW MUSCLES WORK FOR 200

- WHEN A MUSCLE WORKS, IT PULLS ON WHAT THAT CONNECTS THE MUSCLE TO THE BONE?



ANSWER

HOW MUSCLES WORK FOR 200

- ANSWER: TENDON



HOW MUSCLES WORK FOR 300

- MUSCLES WORK IN PAIRS. WHILE ONE MUSCLE WORKS CONTRACTING, ANOTHER MUSCLE DOES WHAT?



ANSWER

HOW MUSCLES WORK FOR 300

- ANSWER: RELAXES



HOW MUSCLES WORK FOR 400

- THE MUSCLES GIVE YOU SHAPE, SUPPORT AND PROTECTION. WHAT IS THE 4TH FUNCTION OF THE MUSCLES.



ANSWER

HOW MUSCLES WORK FOR 400

- ANSWER: MOVEMENT



HOW MUSCLES WORK FOR 500

YOU HAVE OVER 650 MUSCLES IN YOUR BODY.
EACH MUSCLE IS MADE MUSCLE TISSUES,
WHICH ARE MADE OF THE SMALLEST PART OF
YOUR BODY, MUSCLE _____.
_____.

ANSWER

HOW MUSCLES WORK FOR 500

- ANSWER: CELLS



BUILDING SKELETAL MUSCLES FOR 100

- SIT-UPS, CRUNCHES AND PLANK HOLDS
DEVELOP WHAT MUSCLE GROUP?



ANSWER

BUILDING SKELETAL MUSCLES FOR 100

- ANSWER: ABDOMINALS



BUILDING SKELETAL MUSCLES FOR 200

- JUMPING JACKS HELP DEVELOP WHAT MUSCLE GROUP IN THE SHOULDER (THINK OF A DELTA AIRPLANE)?



ANSWER

BUILDING SKELETAL MUSCLES FOR 200

- ANSWER: DELTOIDS



BUILDING SKELETAL MUSCLES FOR 300

- PULL-UPS AND PUSH-UPS HELP DEVELOP WHAT CHEST MUSCLE GROUP?

ANSWER

BUILDING SKELETAL MUSCLES FOR 300

- ANSWER: PECTORALS



BUILDING SKELETAL MUSCLES FOR 400

- RUNNING, BIKE RIDING AND SQUATS HELP DEVELOP WHAT MUSCLE GROUP IN THE FRONT OF YOUR THIGH?



ANSWER

BUILDING SKELETAL MUSCLES FOR 400

- ANSWER: QUADRICEPS



BUILDING SKELETAL MUSCLES FOR 500

- RUNNING, BIKE RIDING AND MOUNTAIN CLIMBERS HELP BUILD WHAT MUSCLE GROUP IN THE BACK OF YOUR THIGH?



ANSWER

BUILDING SKELETAL MUSCLES FOR 500

- ANSWER: HAMSTRINGS



MUSCLE NAMES FOR 100

- ANOTHER NAME FOR YOUR STOMACH MUSCLES.



ANSWER

MUSCLE NAMES FOR 100

- ANSWER: ABDOMINALS



MUSCLE NAMES FOR 200

- ANOTHER NAME FOR YOUR CHEST MUSCLES.

ANSWER

NERVOUS SYSTEM PARTS FOR 200

- ANSWER: PECTORALS



MUSCLE NAMES FOR 300

- THESE MUSCLES ARE IN THE FRONT OF YOUR THIGH.



ANSWER

MUSCLE NAMES FOR 300

- ANSWER: QUADRICEPS



MUSCLE NAMES FOR 400

- THE MUSCLES THAT RELAX WHEN THE BICEPS CONTRACTS.

ANSWER

MUSCLE NAMES FOR 400

- ANSWER: TRICEPS



MUSCLE NAMES FOR 500

- THE MUSCLES IN YOUR CALF? (THINK ABOUT HOW IT CONTRACTS WHEN YOU ARE DRIVING AND STEP ON THE 'GAS').



ANSWER

MUSCLE NAMES FOR 500

- ANSWER: GASTROCNEMIUS



MUSCLE CARE FOR 100

- WHAT CAN YOU DO TO HELP FROM STRAINING A MUSCLE AT THE BEGINNING OF EXERCISE?



ANSWER

MUSCLE CARE FOR 100

- ANSWER: WARM-UP



MUSCLE CARE FOR 200

- THE RECOMMENDED AMOUNT MINUTES OF ACTIVITY A CHILD SHOULD PARTICIPATE IN EVERY DAY?



ANSWER

MUSCLE CARE FOR 200

- ANSWER: 60



MUSCLE CARE FOR 300

- THE NAME OF THE DISEASE THAT COMES FROM THE BIT OF AN INFECTED TICK THAT CAN CAUSE FEVER, JOINT ACHES, HEADACHES AND A POSSIBLE RASH?

A solid blue square button with a thin black border, containing the word "ANSWER" in white capital letters.

ANSWER

MUSCLE CARE FOR 300

- ANSWER: LYME DISEASE



MUSCLE CARE FOR 400

- FOODS LIKE FISH, MEAT, POULTRY, CHEESE, YOGURT, NUTS AND SEEDS ARE HIGH IN WHAT NUTRIENT KNOWN TO HELP BUILD AND KEEP HEALTHY MUSCLES?



ANSWER

MUSCLE CARE FOR 400

- ANSWER: PROTEIN



MUSCLE CARE FOR 500

- REST, ICE, COMPRESSION AND ELEVATION ARE THE FIRST AID PROCEDURES USED WITH A STRAIN OR SPRAIN. THIS FIRST AID PRACTICE IS ALSO KNOWN AS WHAT ACRONYM?

ANSWER

MUSCLE CARE FOR 500

- ANSWER: R.I.C.E.



MUSCLE TYPES FOR 100

- THE STRONGEST MUSCLE IN YOUR BODY IS YOUR HEART. THIS IS ALSO KNOWN AS WHAT MUSCLE TYPE?



ANSWER

MUSCLE TYPES FOR 100

- ANSWER: CARDIAC



MUSCLE TYPES FOR 200

- YOUR STOMACH, INTESTINES AND IRIS ARE ALL THIS TYPE OF MUSCLE.

ANSWER

MUSCLE TYPES FOR 200

- ANSWER: SMOOTH



MUSCLE TYPES FOR 300

- A MUSCLE THAT PULLS ON A BONE TO HELP YOU MOVE IS THIS TYPE OF MUSCLE.



ANSWER

MUSCLE TYPES FOR 300

- ANSWER: SKELETAL



MUSCLE TYPES FOR 400

- YOUR CARDIAC AND SMOOTH MUSCLES WORK ON THEIR OWN, SO ARE CALLED WHAT TYPE OF MUSCLE.

ANSWER

MUSCLE TYPES FOR 400

- ANSWER: INVOLUNTARY



MUSCLE TYPES FOR 500

- SKELETAL MUSCLES THAT YOU CONTROL TO MOVE BONES WHEN AND WHERE YOU WANT THEM ARE THESE TYPES OF MUSCLES.



ANSWER

MUSCLE TYPES FOR 500

- ANSWER: VOLUNTARY

