### 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>

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

ANSWER

• ANSWER: CONTRACT



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



• ANSWER: TENDON



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



• ANSWER: RELAXES



 THE MUSCLES GIVE YOU SHAPE, SUPPORT AND PROTECTION. WHAT IS THE 4<sup>TH</sup> FUNCTION OF THE MUSCLES.



• ANSWER: MOVEMENT



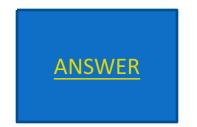
YOU HAVE OVER 650 MUSCLES IN YOUR BODY. EACH MUSCLE IS MADE MUSCLE TISSUES, WHICH ARE MADE OF THE SMALLEST PART OF YOUR BODY, MUSCLE \_\_\_\_\_ \_\_\_\_.



• ANSWER: CELLS



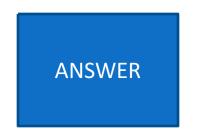
• SIT-UPS, CRUNCHES AND PLANK HOLDS DEVELOP WHAT MUSCLE GROUP?



• ANSWER: ABDOMINALS



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



• ANSWER: DELTOIDS



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



• ANSWER: PECTORALS



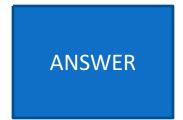
• RUNNING, BIKE RIDING AND SQUATS HELP DEVELOP WHAT MUSCLE GROUP IN THE FRONT OF YOUR THIGH?



• ANSWER: QUADRICEPS



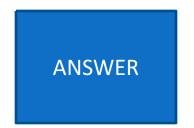
• RUNNING, BIKE RIDING AND MOUNTAIN CLIMBERS HELP BUILD WHAT MUSCLE GROUP IN THE BACK OF YOUR THIGH?



• ANSWER: HAMSTRINGS



• ANOTHER NAME FOR YOUR STOMACH MUSCLES.



• ANSWER: ABDOMINALS



• ANOTHER NAME FOR YOUR CHEST MUSCLES.

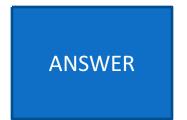


### NERVOUS SYSTEM PARTS FOR 200

• ANSWER: PECTORALS



• THESE MUSCLES ARE IN THE FRONT OF YOUR THIGH.



• ANSWER: QUADRICEPS



• THE MUSCLES THAT RELAX WHEN THE BICEPS CONTRACTS.



• ANSWER: TRICEPS



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



• ANSWER: GASTROCNEMIUS



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



• ANSWER: WARM-UP



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



• ANSWER: 60



 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?

ANSWER

• ANSWER: LYME DISEASE



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

ANSWER

• ANSWER: PROTEIN



 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** 

• ANSWER: R.I.C.E.



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



• ANSWER: CARDIAC



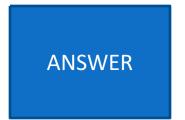
• YOUR STOMACH, INTESTINES AND IRIS ARE ALL THIS TYPE OF MUSCLE.



• ANSWER: SMOOTH



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



• ANSWER: SKELETAL



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



• ANSWER: INVOLUNTARY



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



• ANSWER: VOLUNTARY

