Muscles

A. Choose the Correct Answer:

- 1. What is the main function of muscles in the body?
 - A) To support and protect organs
 - B) To help in movement and provide strength
 - C) To transport oxygen in the blood
 - D) To produce hormones
- 2. Which type of muscle is responsible for voluntary movements?
 - A) Cardiac muscle
 - B) Smooth muscle
 - C) Skeletal muscle
 - D) Involuntary muscle
- 3. Where are cardiac muscles found?
 - A) Arms and legs
 - B) Stomach and intestines
 - C) Heart
 - D) Lungs

B. Fill in the Blanks:

L.	muscles are responsible for the movement of the heart.
2.	muscles work without conscious control and are found in the
	digestive system.
3.	The muscles are attached to bones and help in body movement.

C. Case Study:

Maya loves to play badminton.

- During the game, she uses her arm and leg muscles to swing the racket and run.
- Her science teacher explained that skeletal muscles help in voluntary movements, like walking or playing.
- She also learned that her heart, made of cardiac muscles, keeps pumping blood during physical activity.
- Maya realized that smooth muscles in her stomach help in digestion even when she is not aware of it.

Case Study Questions:

- 1. Which type of muscles does Maya use to move her arms and legs?
- 2. What role do cardiac muscles play during physical activity?
- 3. Why do smooth muscles work without conscious control?
- 4. How do skeletal muscles help Maya play badminton?

D. Short Answer Questions:

- 1. What are the three types of muscles in the human body?
- 2. How do skeletal muscles help in body movements?
- 3. Why are cardiac muscles important for survival?

E. Long Answer Questions:

- 1. Explain the three types of muscles in the human body with their functions and examples.
- 2. How do muscles work together with bones to help in movement?
- 3. Why is it important to keep muscles strong and healthy?