

Name: _____ Date: _____

Muscular System

1. The muscle responsible for movement
 2. Muscle that relaxes in response to the active muscles
 3. The muscles that stabilise a joint
 4. During a bicep curl the agonist is?
 5. During a bicep curl the antagonist is?
 6. When the muscle lengthens whilst contracting it is known as?
 7. When the muscle shortens whilst contracting it is known as?
 8. When the muscle contracting doesn't move is called?
 9. What is muscle fibre type 1?
 10. What is muscle fibre type IIA?
 11. What is muscle fibre type IIB?
 12. Increase in size of muscle
 13. Increase in muscle fibres through splitting
- A. Fast Glycolytic
 - B. Agonist
 - C. Antagonist
 - D. Concentric Contraction
 - E. Tricep Brachii
 - F. Fixator
 - G. Isometric Contraction
 - H. Bicep Brachii
 - I. Hyperplasia
 - J. Fast Oxidative Glycolytic
 - K. Eccentric Contraction
 - L. Hypertrophy
 - M. Slow Twitch