

MUSCULAR SYSTEM

Name:

Period:

Hold your right arm straight out in front of you with the palm facing up. Bring your hand upward toward your head by just bending your elbow. Use your left hand to feel what the muscles in your right upper arm is doing. Extend your arm back out while keeping your left hand around the muscles in your upper right arm.

What do you feel happening when you bend your arm and then straighten it?

What muscles allow you to flex your arm? (If you don't know the name, just describe where the muscles are)

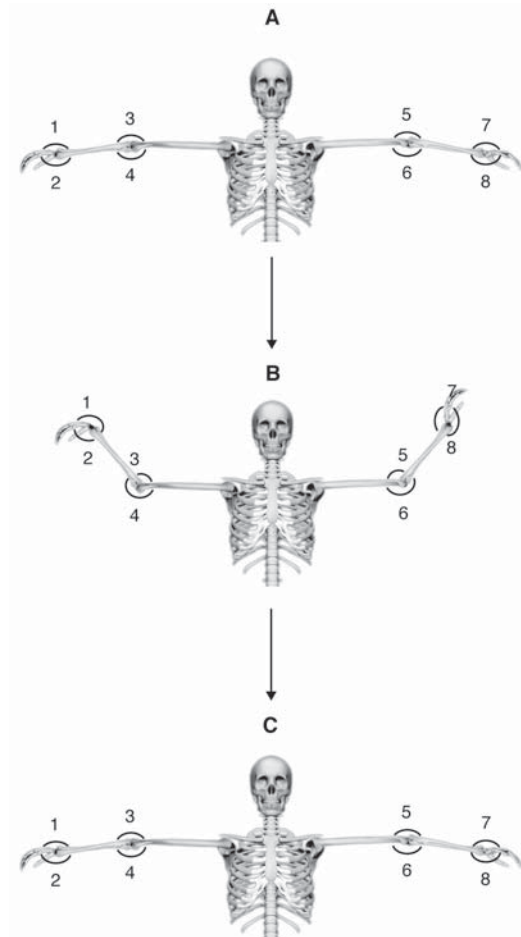
What muscles allow you to straighten it out again?

Do you need both of those? Why?

What else do you need to be able to move your arm like that?

How do they all work together?

Relax! I'm Contracting



Movement from Panel A to Panel B

Muscle	Contracting or Relaxing?
1	
2	
3	
4	
5	
6	
7	
8	

Movement from Panel B to Panel C

Muscle	Contracting or Relaxing?
1	
2	
3	
4	
5	
6	
7	
8	

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What do you notice in these pictures?

Why do you think could be the cause?

Have you experienced anything in your life that relates to these pictures?

What are some questions you have about this?