

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**WORKSHEET**

# 11.1 Working muscles

Using Chapter 11 of *Human Perspectives Units 1 & 2*, complete the following activities.

**1** Name the three different types of muscle tissue in the human body by filling in the headings for the table below. Complete the table by detailing the main characteristics of the three muscle types.

Muscle type	1	2	3
Name			
Location			
Control			
Function			
Special features			

**2** Using Figure 11.7 as a model, sketch the bones and muscles of the leg. Annotate your diagram to describe how the leg is bent and straightened at the knee.



5 Explain what happens to each of the following when a muscle contracts.

- a Actin
  
- b Myosin
  
- c Z line
  
- d I band
  
- e A band
  
- f H zone
  
- g Sarcomere
  
- h Myofibril
  
- i Muscle fibre