

NAME _____

HOUR _____

STUDY GUIDE

- Know muscles on muscle man/woman
- Know definition of muscles (they will be exactly typed as in packet)

- What is a tendon?
- What is a ligament?
- What is a smooth muscle?
- What does an extensor do?
- What does a flexor do?
- What is a skeletal muscle?
- What is a cardiac muscle?
- What type of muscles are striated?
- What type of muscles ^{are} ~~of~~ unstriated or smooth?
- What is a strain?
- What is a sprain?
- What is a hernia?
- What is tendonitis?
- What causes a muscle cramp?
- What is muscle atrophy?
- How many times does a normal adults heart beat in a day?