Worksheet 1.8.3 Examining interacting muscles

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1 Antagonistic muscles >

Complete the sentences using words from the box.

bicep tricep joint tendons  
contracts relaxes antagonistic

a) Muscles that work together as a pair are called ……………………………………… muscles.

b) Muscles are joined to bones by ……………………………………… . When a muscle contracts, it

can move a bone if that bone is found at a ……………………………………… .

c) An example of antagonistic muscles in the arm are the ……………………………………… and

the ……………………………………… .

d) To bend the leg at the knee, the quadricep ……………………………………… and the

hamstring ……………………………………… .

2 The role of antagonistic muscles >>

a) Match up each pair of antagonistic muscles with the movement they allow.

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| --- | --- | --- |
| **Muscles** |  | **Movement caused** |
| a) Calf and shin muscle |  | i) Lower arm moves up and down |
| b) Abdominal and lower back muscles |  | ii) Foot bends and flexes |
| c) Bicep and tricep |  | iii) Bending at the waist, forwards and backwards |

b) Describe where muscles are found that cause the head to nod forwards.

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c) Describe where muscles are found that lift the head back up again.

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Worksheet 1.8.3 Examining interacting muscles

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3 Muscle strength in athletes >>>

a) Suggest whether swimming or playing football would most increase the strength of your chest muscles. Explain your answer.

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b) Rowing uses the arm muscles more than running does. However, not all rowers will have stronger arm muscles than runners. Suggest why.

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