Worksheet 1.8.3 Examining interacting muscles

page 1/2

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.

|  |  |  |
| --- | --- | --- |
| **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.

 …………………………………………………………………………………………………………………

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

 …………………………………………………………………………………………………………………

Worksheet 1.8.3 Examining interacting muscles

page 2/2

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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