



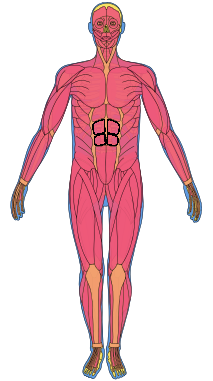
# Muscular System Focus Factor Worksheet

The main job of the muscular system is to:

- a) Pump blood around the body
- b) Support the immune system
- c) Allow movement and stability
- d) Digest food

Which muscle is the strongest by size in the human body?

- a) Heart
- b) Tongue
- c) Masseter (jaw muscle)
- d) Gluteus maximus



Fill in the Blank

The three main types of muscle tissue are: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

The \_\_\_\_\_ is the longest muscle in the body, running across the thigh.

There are \_\_\_\_\_ muscles in the human body. (Way too many to memorize)

Matching: Match the muscle group to its main function.

- |   |  |
|---|--|
| a) Upper Body Muscles (chest, shoulders, arms, back)      | • Help with balance, posture, and protecting internal organs |
| b) Core Muscles (abs, obliques, lower back)               | • Help with standing, walking, running, and jumping          |
| c) Lower Body Muscles (glutes, quads, hamstrings, calves) | • Help with lifting, pushing, pulling, and carrying          |

Reflection Question

Write 2–3 sentences: Why do you think it's important to know about your muscles and how they work?

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