

Muscular system worksheet

Reading revision

- 1 Muscular dystrophy refers to diseases involving progressive non_____ degeneration of muscles. (INFLAME)
- 2 The _____ of both legs and the lower part of the body is known as paraplegia. (PARALYSE)
- 3 The skeletal muscles are under _____ control. (VOLITION)
- 4 The point of _____ of the muscle to the bone it moves is called the insertion. (ATTACH)
- 5 Quadriplegia is a disease affecting all four _____ (EXTREME)

Muscles typology

A Determine the muscle type and complete with WHICH/THAT/WHOSE.

| | | | | |
|------------|---------|----------|--------------|----------|
| biceps | triceps | striated | non-striated | skeletal |
| flexor | cardiac | agonist | visceral | |
| antagonist | | | extensor | |
| synergist | | | | |

- 1 Any muscle _____ contraction serves to bend a joint or limb.
- 2 Any muscle _____ stretches or extends an arm, leg, or other bodily part.
- 3 Any muscle _____ has three heads or origins.
- 4 Any muscle _____ has two heads or origins.
- 5 Muscle in the heart _____ makes the heartbeat.
- 6 Muscle attached to a bone, _____ makes a limb move.
- 7 Type of muscle _____ is found in involuntary muscles.
- 8 Type of muscle found in skeletal muscles _____ movements are controlled by the central nervous system.
- 9 Muscle in the walls of the intestines _____ makes the intestine contract.
- 10 Any muscle _____ opposes the action of another.
- 11 Any muscle _____ acts with another and increases the effectiveness of both.
- 12 Any muscle _____ action is opposed by another muscle.

B Use of English – read the text and complete each gaps with ONE word.

Bodybuilding has _____ (1) a popular sport worldwide. Once considered only for men, it is now enjoyed by thousands of women as well. Participants _____ (2) this sport combine diet and weight training to develop maximum muscle mass and minimum body fat. Their major goal _____ (3) a well-balanced physique. An uninformed, untrained muscle builder can build some muscles and ignore _____ (4); the result is a disproportioned body. To build a well-proportioned, muscular body, body-builders have to know which exercises build a large number of muscles and _____ (5) are specialized to build certain parts of the body.

Is the old saying "no pain, no gain" correct? Not really, over-exercising can _____ (6) small tears in muscles, which results in soreness. Torn muscles are weaker muscles, and it can take up _____ (7) 3 weeks to repair the damage.

Bodybuilders concentrate _____ (8) increasing skeletal muscle mass. Endurance tests demonstrated that the cardiovascular and respiratory abilities of bodybuilders were _____ (9) to those abilities in normal, healthy persons, untrained in a sport. _____ (10), more recent studies indicate that the cardiorespiratory fitness of bodybuilders is comparable to that of other well-trained athletes. The difference between the results of the new studies and the older studies is attributed to modern bodybuilding techniques _____ (11) include aerobic exercise and running, as well as "pumping iron".

Bodybuilding has its own language. Bodybuilders refer to the "lats", "traps", and "delts" rather than the latissimus dorsi, trapezius, and deltoids. The exercises also have special names _____ (12) as "lat pulldowns", "preacher curls", and "triceps extensions".

Muscles pathologies

A Match the conditions with their definitions.

- | | |
|---------------------------|---|
| 1 endomyocardial fibrosis | a) waste of muscular tissue, usually the result of a loss of efferent innervation |
| 2 fibrositis | b) a group of inherited disorders in which strength and muscle bulk decline |
| 3 cramp | c) formation of fibrous tissue in the heart muscle |
| 4 atrophy | d) generalized muscle aching, soreness; inflammation of fibrous tissue |
| 5 muscular dystrophy | e) a painful spasmodic muscular contraction |

B Muscular atrophy

Complete the gaps:

- Some of the earliest signs of aging are: _____, _____, _____, _____, _____
- When do we achieve the biggest muscle mass? _____
- Before reaching 80 years of age, some people can lose up to _____ of muscle mass. Most people will lose _____ of muscle mass.
- The loss of muscle mass includes: _____ and _____
- Doctor LeBrasseur and his team put emphasis on maintaining skeletal muscle health in four aspects. Listen and give examples:

| | |
|------------------------------|--|
| Physical aspects | |
| Metabolic implications | |
| Frailty (stressors) | |
| Muscle as an endocrine organ | |

Relative clauses further practice

92.4 Are these sentences right or wrong? Correct them where necessary.

- I don't like stories who have unhappy endings. stories that have
- What was the name of the person who phoned? OK
- Where's the nearest shop who sells bread? _____
- The driver which caused the accident was fined £500. _____
- Do you know the person that took these pictures? _____
- We live in a world what is changing all the time. _____
- Dan said some things about me that were not true. _____
- What was the name of the horse it won the race? _____

93.2 What do you say in these situations? Complete each sentence with a relative clause.

- Your friend lost some keys. You want to know if he has found them. You say:
Have you found the keys you lost _____?
- A friend is wearing a dress. You like it. You tell her:
I like the dress _____.
- A friend is going to see a film. You want to know the name of the film. You say:
What's the name of the film _____?
- You wanted to visit a museum. It was shut when you got there. You tell a friend:
The museum _____ was shut when we got there.

94.3 Complete each sentence using who/whom/whose/where.

- What's the name of the man whose car you borrowed?
- A cemetery is a place _____ people are buried.
- A pacifist is a person _____ believes that all wars are wrong.
- An orphan is a child _____ parents are dead.
- What was the name of the person to _____ you spoke on the phone?
- The place _____ we spent our holidays was really beautiful.