

**Knowledge Check #3: Muscles (Grades 9-12)**

1. Which 2 types of muscle are controlled involuntarily? Provide an example of a function of each type.

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2. What are the 3 main parts of skeletal muscle?

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3. \_\_\_\_\_ are the white, soft tissues that connect \_\_\_\_\_ to \_\_\_\_\_.

4. Label the 3 parts of skeletal muscle on the diagram below.



5. Provide examples of exercises that utilize the quadriceps and/or hamstrings.

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6. Name 2 muscles that are present in the picture below. \_\_\_\_\_

