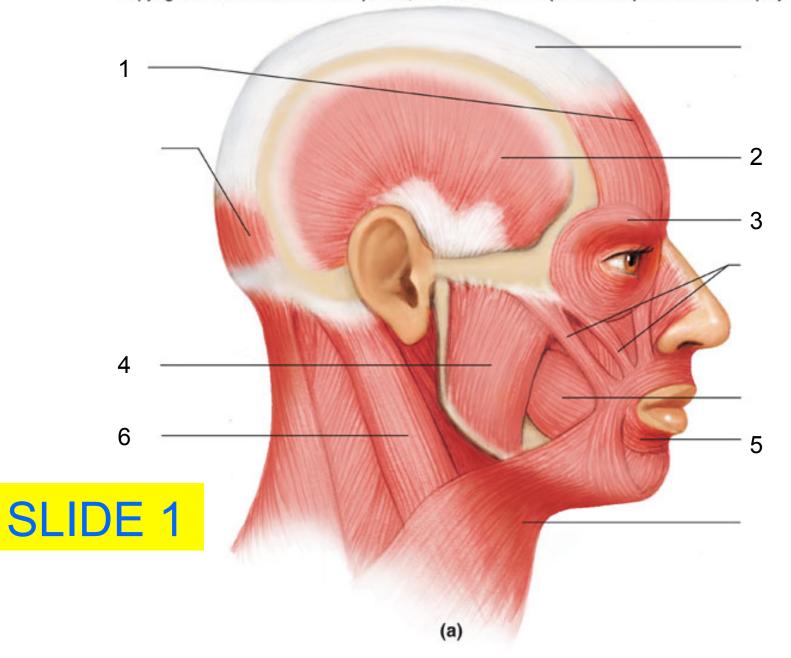
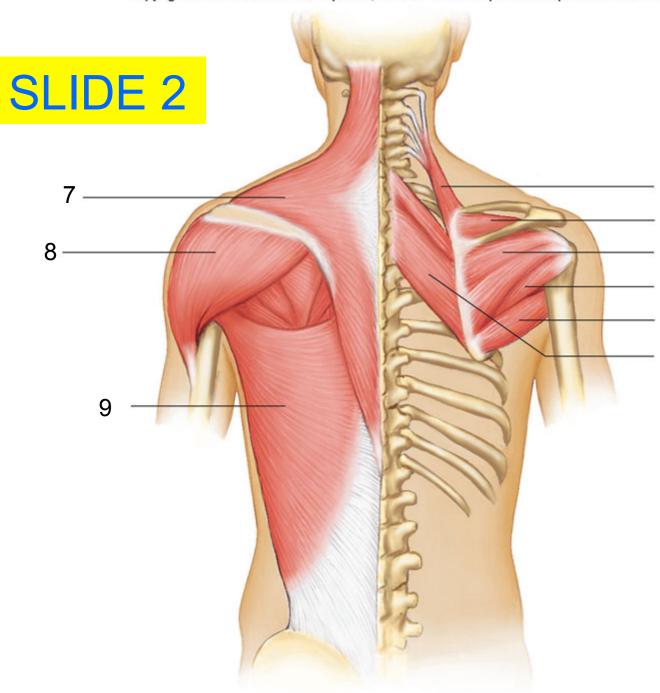
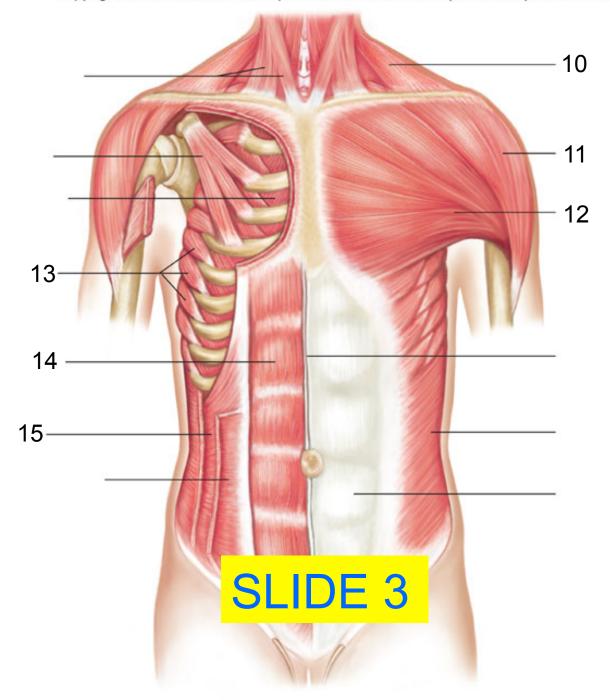
This is the **Muscles Exam**

Turn brain on! No notes, no neighbors Good Luck!

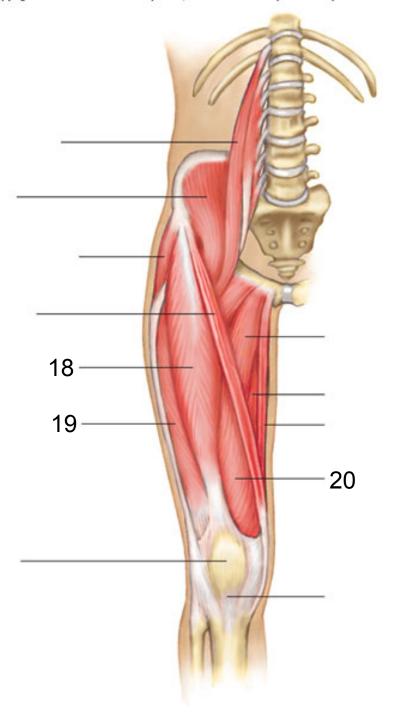




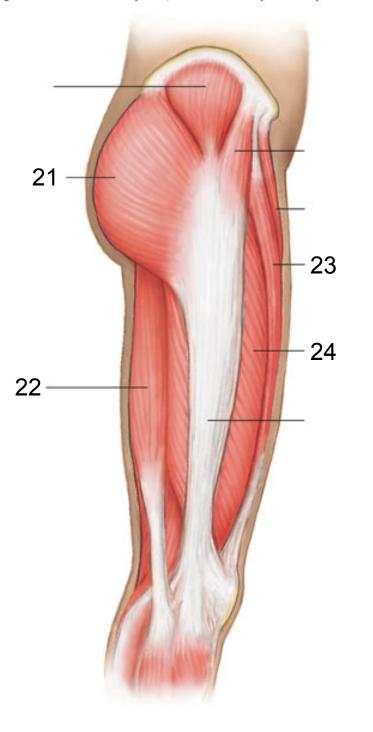


16 -17 **SLIDE 4** 17

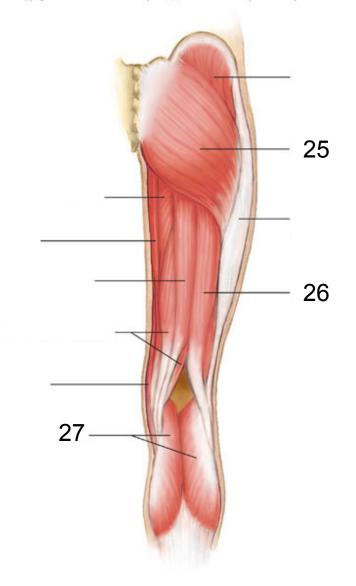












28. Name the three types of muscles (3pts). Hint: Heart

29. _____ connect bone to bone and _____ connect muscle to bone (2pts).

30. Approximately how many new muscle fibers does a person produce after 30 minutes of normal weightlifting (5pts)?

31. A man exercises extensively, building up his muscles. He believes he will pass his large muscular body on to his future children. Explain why he is mistaken (5pts).

32. True or False. Once a muscle has been strengthened and thickened through rigorous exercise, it will stay that way throughout a person's life (5pts).

33. Approximately how many muscles are found in the human body (5pts)?