

# Muscular System Orienteering Challenge – Vocabulary

Control Point	Record the 2 <sup>nd</sup> Number	Use the letters from the control marker to help complete the name of the muscle.	Write the letter that is next to the correct function from the table below.
1		___ ___ ___ torals	
3		___ ___ dom ___ n ___ ls	
14		q ___ ___ driceps	
12		bi ___ ___ ___ s	
9		___ ___ ltoi ___	
5		tri ___ ___ ps	

Choose the correct function for each of the muscles you have completed above – write the letter for the correct function next to the word.

A	Flex the trunk across the stomach - sitting up.	D	Extend the knee, straightening the leg.
B	Flex the elbow, bending the arm.	E	Extend the elbow, straightening the arm.
C	Abduction of the shoulder, moving arms outward from the body.	F	Moving arms towards the body and forward in front of the body.

