

Muscular System Orienteering Challenge – Vocabulary (Answer Sheet)

Control Point	Record the 2 nd 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	3	Pectorals	F
3	6	Abdominals	A
14	2	Quadriceps	D
12	1	Biceps	B
9	1	Deltoid	C
5	2	Triceps	E

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.

