

Orienteering Quiz – Muscular System (Answer Sheet)

Control Point	Question		Tick for your answer	Check your answer with the 4th Number
12	Which one of these describes muscular hypertrophy?	Muscles increase in size	<input type="checkbox"/>	0
		Muscles retain their shape	<input type="checkbox"/>	
		Muscles contract	<input type="checkbox"/>	
3	Which of the following connects muscle to bone and allows force to be transmitted from the muscle to the skeleton?	Cartilage	<input type="checkbox"/>	
		Tendon	<input type="checkbox"/>	1
		Ligament	<input type="checkbox"/>	
8	Which type of muscle contraction is taking place in the arms during the downward phase of a push-up?	Isometric	<input type="checkbox"/>	
		Eccentric	<input type="checkbox"/>	6
		Concentric	<input type="checkbox"/>	
11	Which of these muscles contract, causing air in the lungs to be exhaled?	Deltoids	<input type="checkbox"/>	
		Sternocleidomastoid	<input type="checkbox"/>	
		Diaphragm	<input type="checkbox"/>	4
2	Which type of muscle is under conscious control – we can move these muscles when we want to?	Cardiac muscle	<input type="checkbox"/>	
		Skeletal muscle	<input type="checkbox"/>	5
		Smooth muscle	<input type="checkbox"/>	
15	Which one of these muscles is found at the shoulder joint?	Deltoid	<input type="checkbox"/>	3
		Gluteal	<input type="checkbox"/>	
		Intercostal	<input type="checkbox"/>	
9	Which exercise uses an isometric contraction?	A star jump	<input type="checkbox"/>	
		A burpee	<input type="checkbox"/>	
		A plank	<input type="checkbox"/>	2

