

Structure and Function in Living Things

Name:

Exercise & Injury

Period:

Use Chapter 15, Section 3 of your textbook to answer the questions below.

Use It or Lose It (p.480)

1. Skeletal muscles that don't get used get _____ and _____.
2. Skeletal muscles that are exercised get _____ and _____.
3. If your muscles can work longer without getting tired, you have more _____.

Resistance Exercise

4. _____ exercise strengthens skeletal muscles.
5. For resistance exercise, your body works _____ the weight of something.

Aerobic Exercise

6. _____ exercise strengthens your heart.
7. _____ before exercise reduces the chances of you getting hurt.

Muscle Injury (p.481)

- _____ 8. What happens when a muscle or tendon is overstretched or torn?
a. a sprain b. a strain c. tendinitis d. arthritis
- _____ 9. What word describes an injured tendon if you have tendinitis?
a. soft b. torn c. rested d. inflamed
- _____ 10. What drugs do some people take to make muscles stronger?
a. aspirin b. anabolic steroids c. antibiotics d. allergy medicine
- _____ 11. What is a health problem that can result from taking anabolic steroids?
a. bad vision b. headaches c. heart damage d. knee pain



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