

Structure and Function in Living Things

Name:

Exercise & Injury

Period:

Use Chapter 15, Section 3 of your textbook to answer the questions below. The word banks can be used to fill out the sentences below.

aerobic against endurance larger resistance smaller stretching
stronger weaker

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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