

Sports Science Test 2 Review Sheet (Muscles)

Test Format

- 10 Muscles Labeled
- 7 Quick response
- 8 Short Answer

Review Questions

1. What are the types of muscles and connective tissues?
2. What are the ways we classify/differentiate muscles? Explain each? Examples?
3. What are common sports injuries?
4. Explain the cause and effect of lactic acid.
5. What happens to muscles when we work out? (Specific Vocab)
6. Are Muscles alive?
7. Reciprocal Inhibition?
8. Explain cramps. Either of the three methods.
9. How do injuries affect our economy? (atleast 3)
10. Explain what happens when we move our muscles?
11. Fast twitch vs slow twitch
12. What makes us successful according to articles other than strength.