

Guided Practice Activity 9-2

Directions: Answer the questions on the lines provided.

1. List the three types of muscle and give an example of where each is found.

2. Describe the complementary actions of skeletal muscle.

3. What is *dynamic contraction*?

4. Describe *static contraction*.

5. What is the role of nerves in muscle contraction?

6. What is the difference between muscle hyperplasia and muscle hypertrophy?

7. How does heredity affect muscle strength?

8. In what way is muscle size related to muscle strength?

9. Identify factors other than heredity and muscle size that influence muscle strength.

10. Describe the theories behind muscle soreness.

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