

## **Muscular System Reading Worksheet**

**Instructions:** Read the following passage all about the muscular system and answer the questions on the information.

proteins interact, causing the sarcomeres to slide past each other, resulting in muscle contraction. The energy required for this process comes from adenosine triphosphate (ATP), the molecule responsible for storing and

**Questions:**

1. What are the three main types of muscles in the muscular system?
2. What is the role of tendons in muscle function?
3. How does the muscular system contribute to maintaining body posture?
4. What is the role of muscles in thermoregulation?
5. Explain the difference between voluntary and involuntary muscle movements.
6. How do skeletal muscles enable fine motor skills?

7. How do muscles protect vital organs in the body?

8. What is the source of energy for muscle contraction, and how is it generated?

