What are the three main types of muscles in the human body

- A. Leg, arm, back
- B. Skeletal, smooth, cardiac
- C. Biceps, triceps, quadriceps
- D. Stomach, chest, neck

Answer: B. Skeletal, smooth, cardiac

Which type of muscle is striated and under voluntary control

- A. Skeletal muscle
- B. Smooth muscle
- C. Cardiac muscle
- D. Involuntary muscle

Answer: A. Skeletal muscle

What is the main function of skeletal muscles

- A. Movement
- B. Digestion
- C. Blood circulation
- D. Breathing

Answer: A. Movement

What type of muscle is found in the walls of internal organs such as the stomach an

- A. Striated muscle

- B. Cardiac muscle
- C. Smooth muscle
- D. Skeletal muscle

Answer: C. Smooth muscle

True or False: Cardiac muscle is only found in the heart.

- A. No
- B. False
- C. True
- D. Yes

Answer: C. True

Which type of muscle is responsible for generating heat to maintain body temperatu

- A. Smooth muscle
- B. Connective tissue
- C. Skeletal muscle
- D. Cardiac muscle

Answer: C. Skeletal muscle

What is the smallest unit of a muscle fiber called

- A. Sarcomere
- B. Muscle cell
- C. Myosin
- D. Myofibril

Answer: A. Sarcomere

What is the connective tissue that surrounds individual muscle fibers called

- A. Endomysium
- B. Epimysium
- C. Myofibril
- D. Perimysium

Answer: A. Endomysium

Which type of muscle is responsible for involuntary movements like breathing and d

- A. Cardiac muscle
- B. Skeletal muscle
- C. Striated muscle
- D. Smooth muscle

Answer: D. Smooth muscle

What is the name for the point where a motor neuron meets a muscle fiber

- A. motor synapse
- B. neuromuscular junction
- C. nerve ending
- D. muscle junction

Answer: B. neuromuscular junction

What is the main protein found in muscle fibers that allows them to contract

- A. Collagen
- B. Myosin
- C. Actin
- D. Keratin

Answer: C. Actin

What is the process called when a muscle lengthens while under tension

- A. Eccentric contraction
- B. Concentric contraction
- C. Isotonic contraction
- D. Isometric contraction

Answer: A. Eccentric contraction

What is the term for the ability of a muscle to return to its original shape after being s

- A. Elasticity
- B. Strength
- C. Flexibility
- D. Contractility

Answer: A. Elasticity

Which type of muscle is multi-nucleated

- A. Smooth muscle

- B. Skeletal muscle
- C. Cardiac muscle
- D. Visceral muscle

Answer: B. Skeletal muscle

True or False: Smooth muscle is under voluntary control.

- A. No
- B. Yes
- C. False
- D. True

Answer: C. False

What is the name for the type of muscle contraction where the muscle shortens and

- A. Eccentric
- B. Concentric
- C. Isometric
- D. Static

Answer: B. Concentric

What is the name for the attachment of a muscle to a stationary bone

- A. Insertion
- B. Tendon
- C. Action
- D. Origin

Answer: D. Origin

Which type of muscle has a single nucleus and lacks striations

- A. Voluntary muscle
- B. Skeletal muscle
- C. Smooth muscle
- D. Cardiac muscle

Answer: C. Smooth muscle

What is the term for the ability of a muscle to generate force

- A. Power
- B. Strength
- C. Endurance
- D. Flexibility

Answer: B. Strength

What is the name for the type of muscle contraction where the muscle lengthens wh

- A. Isometric
- B. Eccentric
- C. Concentric
- D. Static

Answer: B. Eccentric