

Name _____ Period _____ Roll _____



Muscle Quiz Make-Up Assignment



1. How many muscles did you miss out of 8?

2. Which muscle(s) did you miss? For each muscle, indicate whether it is upper or lower extremity and where on the body. USE COMPLETE SENTENCE FOR EACH.

Example- I missed the deltoid muscle which is an upper extremity muscle located on the upper arm.

3. Using AT LEAST one sentence, describe why you missed this (these) muscles?

4. Using a complete sentence for each, describe 2 reasons why it is important to learn your muscles?

5. Using a complete sentence for each, list 3 strategies you can utilize to do better on your next muscle quiz.