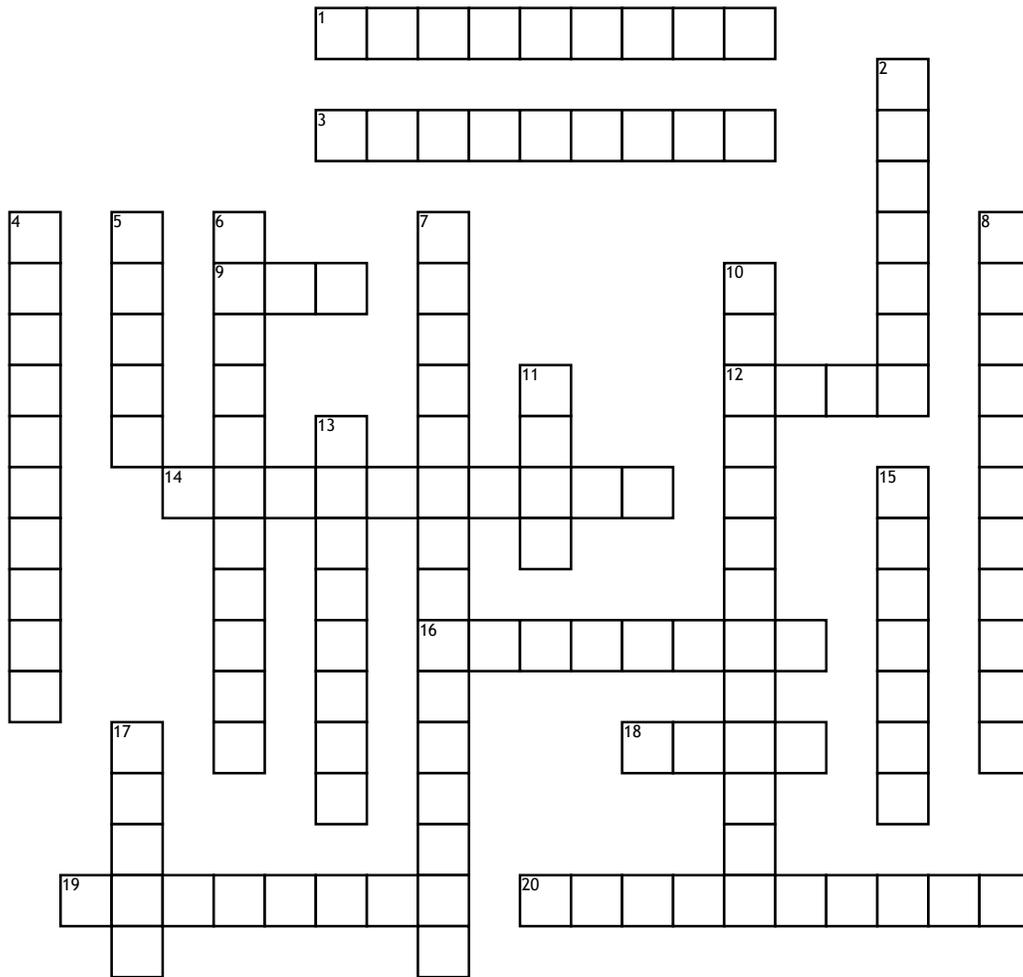


Name: _____

Date: _____

Muscles and Anatomy



Across

- 1. Which muscle are you stretching located above the knee and on the back of your leg when you touch your toes without bending your knees?
- 3. What is another name for chest?
- 9. The sense organ that functions in hearing
- 12. Which part of the body protects your internal organs?
- 14. What is the primary purpose of your skull?
- 16. A crack or break in the bone
- 18. Which muscle is located below the knee on the back of your leg?

- 19. What exercise can you perform to build bigger biceps?
- 20. What organ begins at the base of your brain and runs along your entire back?

Down

- 2. Which muscle is located on the back of the arm and contains three muscles?
- 4. What is another name for the thigh muscle that contains four muscles?
- 5. This acts as the body's main transport system.
- 6. When the body loses more water than it has taken in.

- 7. The ability of the body to perform daily physical activities without getting overly tired.

- 8. The period of time between the start of puberty and full maturation.

- 10. What college did Coach Gene attend?

- 11. The outer layer of the body.

- 13. What illegal substance is used to build muscles faster?

- 15. The period of your life when you are able to reproduce.

- 17. Students who are the same age and in the same grade.

Word Bank

- | | | | | |
|------------------|-----------|-------------|-------------|----------------|
| Physical fitness | Peers | Spinal cord | Ribs | Protection |
| Triceps | Puberty | Fracture | Ear | Hamstring |
| Steroids | Skin | Dehydration | Blood | Arm Curls |
| Quadriceps | Pectorals | Calf | adolescence | North Carolina |