

REVIEW

15 CHAPTER 15

Mixed Review

1. **Applying Knowledge** What kind of exercise is each of the following?

- _____ a. lifting heavy weights
- _____ b. riding a bicycle
- _____ c. running a marathon
- _____ d. running a 50 m dash

2. **Interpreting Graphics** Draw the positions of the extensor and flexor muscles of the upper leg. Label each extensor or flexor. Indicate the motion of the lower leg when each muscle of the upper leg contracts.

3. **Applying Knowledge** How does exercise differ for astronauts in space and weightlifters on Earth?

4. **Applying Knowledge** Describe the function of each of the following joints, and give an example of each type from the body.

a. ball-and-socket

b. pivot

c. gliding

5. **Creative Thinking** What problems would astronauts probably encounter if they traveled in space for a long period of time and then landed on a planet that had three times the gravity of Earth?

Chapter 15 Mixed Review, continued

6. Applying Knowledge The day after a hard workout, it is not unusual to have sore muscles. Why are they sore and what type of exercise would help relieve the pain?

7. Applying Knowledge How do changes in the circulatory system actually help astronauts while they are in space?

8. Concept Mapping Complete the concept map below by writing the correct word or phrase in the lettered boxes.

