

## Black Mountain Middle School

### Physical Education

- 1- What is considered **Normal Blood Pressure**?
- 2- What does **Systolic** mean in terms of understanding blood pressure?
- 3- What are the effects of smoking on the respiratory system and why?
- 4- How do the lungs work? (hint American Lung Association)
- 5- Why is running or walking beneficial to the cardiovascular system?

### Muscles

- 1- What are considered Large Muscles?
- 2- What is the muscle under the scapula (shoulder blade)?
- 3- The **Gastrocnemius** is also called the \_\_\_\_\_
- 4- The **Deltoids** are responsible for what type of movement?
- 5- The **Biceps Femoris** makes the \_\_\_\_\_?
- 6- The Anterior part of the body represents the **front** or **back** of the body?
- 7- What is a good food that prevents Cramps especially when hot?

### Skeletal System



- 1- In the skeleton of the adult there are \_\_\_\_ distinct bones?
- 2- Describe the human bone. What makes up the bone, what does it look like...etc?
- 3- Why is **Calcium** important for normal body function? What does it do for us?
- 4- The spine consists of how many individual vertebrae? \_\_\_\_
- 5- Our Chest is also called what? \_\_\_\_\_
- 6- How many bones are in the feet?
- 7- Where can you find the **Xyphoid Process**?