

# Muscle Movement & Contraction Quiz

1. What is the purpose of muscle?

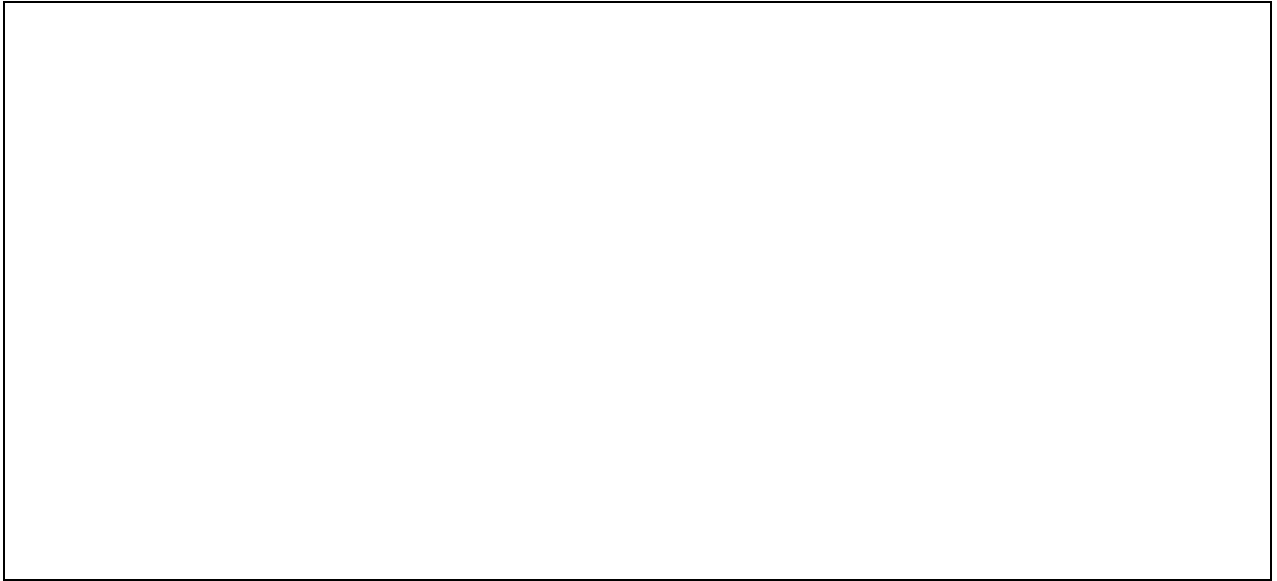
2. How does movement happen?

3. What is muscle cramping? Why might a muscle cramp?


4. What might help with cramping?

5. What is muscle contraction?

6. How do origin and insertion points relate to muscle contraction?



7. What are three types of muscle contraction and an example for each?



8. What is meant by the agonist and antagonist relationship? What is an example?

9. What is reciprocal inhibition and how can you use this knowledge in practice?