

Target Your Reading

The Musculoskeletal System and Levers

CHAPTER 9

Use this to focus on the main ideas as you read the chapter.

- Before you read** the chapter, respond to the statements below on your worksheet or on a numbered sheet of paper.
 - Write an **A** if you **agree** with the statement.
 - Write a **D** if you **disagree** with the statement.
- After you read** the chapter, look back to this page to see if you've changed your mind about any of the statements.
 - If any of your answers changed, explain why.
 - Change any false statements into true statements.
 - Use your revised statements as a study guide.

Before You Read A or D	Statement	After You Read A or D
	1. Your bones allow you flexibility in movement.	
	2. Your nose is not made from bone.	
	3. When a muscle relaxes, it causes the bone it moved to return to its original position.	
	4. Muscle fibers can actively lengthen.	
	5. A lever helps you complete a task with less work.	
	6. A shovel is a type of lever.	
	7. Some levers require you to use more force than you would need to complete the task without them.	
	8. Your body contains all three classes of levers.	
	9. Most of the levers in your body make the work you do require more effort.	
	10. Bones provide the effort force, while muscles are the levers.	