N.	보고 있는 것이 아이에 가장 살아 있었다. 보고 그 있다면 하는 이 사람은 그 때문에 가장 그 것이다. 이번	
Name	Data	Class
Section 1	Date	Class



LESSON 2: 20 minutes

How strong are your hand muscles?

Have you ever done hand exercises? Do your hand muscles tire?

Procedure 🖨 📜

- 1. Read and complete a lab safety form.
- 2. Choose a partner. While your partner keeps time with a stopwatch, count how many times you can squeeze a tennis ball in one minute. Record your data in the table below.
- **3.** Immediately count how many times you can squeeze the ball for another minute. Again record your data in the table. Switch roles so your partner can collect the data.

Data and Observations

4. Siele (Seinnebesses)	Number of Squeezes active and and active		
Student Name	First Minute	Second Minute	
DSCIES	мен (уойлгагуушуулгагу) н	OF Skeletal muscles are also co	
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	9. The energy that muscles need to function concestrate throughout the corresponding to the contract that muscles need to function concestrate throughout the contract that th
2.	Design an experiment to determine whether daily practice would increase the number of squeezes per minute.
	AS PARTICLES THERE WE SEEMED THE DAY BY LINE AND DAY THE VALUE OF THE PARTY OF THE

Name		Date	Class
Content Voc	abulary		LESSON 2
The Muscul	ar System		
Directions: Answer	each question on the lines p	rovided. Use complete sentences.	
1. What is a mus	scle?		
2. How do invol	untary muscles differ f	from voluntary muscles?	
3. What is one e	xample of a location o	of a smooth muscle in the hu	uman body?
4. Are cardiac m	uscles voluntary or inv	voluntary? Explain.	
5. What is the fu	nction of skeletal mus	scle?	
6. Muscles conve		to thermal energy when you	ı exercise. How does this