

Human Muscular System Trivia: Questions, Answers, and Facts Printable Trivia Pack

Human Muscular System trivia explores the network of more than 600 muscles that helps the body move, breathe, and maintain balance. From early anatomical studies in the ancient world to modern sports science and medicine, the muscular system has been central to understanding how the human body works. Expect surprising facts, familiar body basics, and a few playful challenges along the way.

HARD HUMAN MUSCULAR SYSTEM TRIVIA

1. Which anatomist published **De humani corporis fabrica** in 1543, including influential descriptions of muscles?

Answer: Andreas Vesalius

2. What year marks the first publication of **Gray's Anatomy**?

Answer: 1858

3. Whose 18th-century experiments tied electricity to muscle contraction?

Answer: Luigi Galvani

4. Who introduced the term "synapse" in 1897 while advancing understanding of neuromuscular control?

Answer: Charles Scott Sherrington

5. A. V. Hill's Nobel-winning work on muscle heat production was honored in what year?

Answer: 1922

6. Which scientist shared the 1922 Nobel Prize for discoveries connecting oxygen consumption and lactic acid metabolism in muscle?

Answer: Otto Meyerhof

7. Who helped establish the sliding filament model of muscle contraction in the 1950s?

Answer: Hugh Huxley

8. Which 19th-century investigator used electrical stimulation to study muscle action?

Answer: Guillaume Duchenne

9. Name the 2nd-century CE writer noted for extensive writings about muscles.?

Answer: Galen

10. What is the specialized name for the cell membrane of a muscle fiber?

Answer: sarcolemma

11. Inside a muscle fiber, what term refers to the cytoplasm?

Answer: sarcoplasm

12. Which connective tissue sheath wraps an entire skeletal muscle?

Answer: epimysium

13. A fascicle sits inside which surrounding layer?

Answer: perimysium

14. What sheath encloses one individual muscle fiber rather than a fascicle or a whole muscle?

Answer: endomysium

FUNNY HUMAN MUSCULAR SYSTEM TRIVIA

1. If the biceps brachii were writing its own dating profile, how many heads would it brag about having?

Answer: It has two heads.

2. Which arm muscle is the overachiever with three heads?

Answer: The triceps brachii.

3. The quadriceps femoris sounds like it came in a value pack. How many main parts does it have?

Answer: Four.

4. What tiny skeletal muscle in the middle ear is often cited as the smallest in the human body?

Answer: The stapedius.

5. When you power up a staircase like it's a personal mountain, which muscle is doing major work as a hip extensor?

Answer: The gluteus maximus.

6. Goosebumps are your skin's way of being dramatic. Which muscles make the hairs stand up?

Answer: The arrector pili muscles.

7. Which facial muscle helps produce a frown when life serves you cold coffee?

Answer: The corrugator supercilii.

8. Which muscle can pull the corner of the mouth sideways in a grin, like you're pretending that joke was funnier than it was?

Answer: The risorius.

9. While you chew heroically through a crunchy snack, which muscle helps keep food between the teeth?

Answer: The buccinator.

10. Which deep buttock-region muscle runs from the sacrum to the femur?

Answer: The piriformis.

11. Which deep hip flexor connects the lumbar spine to the femur, basically linking your backseat to your leg engine?

Answer: The psoas major.

12. Which combined muscle is formed when the iliacus joins the psoas major?

Answer: The iliopsoas.

13. If your big toe wanted its own personal trainer, which muscle would be in charge of flexing it?

Answer: The flexor hallucis longus.

FUN HUMAN MUSCULAR SYSTEM TRIVIA

1. Inside a skeletal muscle, what is the name for a bundle of muscle fibers hanging out together like a tiny team?

Answer: A fascicle is a bundle of muscle fibers within a skeletal muscle.

2. True or false: each skeletal muscle fiber is actually a single elongated cell.?

Answer: True

3. Myofibrils are built from repeating mini units. What are those units called?

Answer: They are called sarcomeres.

4. Which protein is the main thin filament in skeletal muscle: actin, myosin, titin, or troponin?

Answer: Actin is the main thin filament in skeletal muscle.

5. Which protein plays the role of the main thick filament in skeletal muscle?

Answer: Myosin is the main thick filament in skeletal muscle.

6. When skeletal muscle gets the green light to contract, which ions help actin and myosin interact?

Answer: Calcium ions help trigger skeletal muscle contraction by enabling interactions between actin and myosin.

7. What molecule directly powers the cross-bridge cycle, the microscopic pull-and-release action of muscle contraction?

Answer: ATP directly powers the cross-bridge cycle in muscle contraction.

8. What is the name of the synapse where a motor neuron and a muscle fiber meet for their high-speed handshake?

Answer: The neuromuscular junction is the synapse between a motor neuron and a muscle fiber.

9. At the neuromuscular junction, which neurotransmitter gets released to pass along the signal?

Answer: Acetylcholine is the neurotransmitter released at the neuromuscular junction.

10. Which structure inside muscle fibers works like a calcium stockroom, storing calcium for later use?

Answer: The sarcoplasmic reticulum stores calcium inside muscle fibers.

11. If an electrical signal needs to dive deep into a muscle fiber instead of skimming the

surface, which structures help carry it inward?

Answer: T-tubules help carry electrical signals deep into muscle fibers.

12. What protein helps muscles spring back after being stretched, like a built-in tiny bungee cord?

Answer: Titin helps muscles spring back after being stretched.

13. Which protein is part of the thin filament regulatory system in skeletal muscle?

Answer: Troponin is part of the thin filament regulatory system in skeletal muscle.

HUMAN MUSCULAR SYSTEM FAMILY TRIVIA

1. Which muscle commonly lifts the corners of your mouth when you smile?

Answer: The zygomaticus major muscle.

2. What muscle closes your eyelids when you blink?

Answer: The orbicularis oculi muscle.

3. When you chew a crunchy snack, which muscle is working strongly?

Answer: The masseter muscle.

4. Which muscle helps you turn your head from side to side?

Answer: The sternocleidomastoid.

5. What muscle helps move the shoulder blades and also supports the neck?

Answer: The trapezius.

6. What kind of muscle lines organs such as the stomach and intestines?

Answer: Smooth muscle.

7. What is the name of the smooth muscle in the uterus?

Answer: The myometrium.

8. What is the muscular wall of the heart called?

Answer: The myocardium.

9. Which broad muscle is found on the back?

Answer: The latissimus dorsi.

10. Which muscle helps close the jaw?

Answer: The temporalis muscle.

11. What muscle helps lift the front of the foot?

Answer: The tibialis anterior.

12. Which calf muscle lies under the gastrocnemius?

Answer: The soleus.

EASY HUMAN MUSCULAR SYSTEM TRIVIA

1. About how many skeletal muscles does the human body have?

Answer: More than 600 skeletal muscles.

2. What connects a muscle to a bone?

Answer: A tendon connects muscle to bone.

3. The heart is made of which type of muscle?

Answer: The heart is made of cardiac muscle.

4. Which muscle is found on the front of the upper arm?

Answer: The biceps brachii is on the front of the upper arm.

5. Which muscle is located on the back of the upper arm?

Answer: The triceps brachii is on the back of the upper arm.

6. What is the main muscle used in breathing?

Answer: The diaphragm is the main muscle used in breathing.

7. Which muscle group is on the front of the thigh?

Answer: The quadriceps femoris group is on the front of the thigh.

8. Which muscles are on the back of the thigh?

Answer: The hamstrings are on the back of the thigh.

9. Which muscle is the largest in the human body by volume?

Answer: The gluteus maximus is the largest muscle in the human body by volume.

10. Which muscle is the longest in the human body?

Answer: The sartorius is the longest muscle in the human body.

11. Which muscle is part of the calf muscle group?

Answer: The calf muscle group includes the gastrocnemius.

12. What is the name of a large chest muscle?

Answer: The pectoralis major is a large chest muscle.

13. Which muscle gives the shoulder its rounded shape?

Answer: The deltoid forms the rounded shape of the shoulder.

Source: <https://triviagong.com/themes/human-muscular-system>