Bones, Muscles, and Movement

1. What's the difference between exoskeletons and endoskeletons?
   Exoskeletons ____________________________________________
   Endoskeletons __________________________________________
   Which type of skeleton do humans have?
   _________________________________________________________

2. List three functions of the skeletal system
   1. _______________________________________________________
   2. _______________________________________________________
   3. _______________________________________________________

3. Is bone a living tissue? _________________________________
   Explain why or why not.
   _________________________________________________________
   _________________________________________________________

4. Describe the structure and development of bone.
   _________________________________________________________
   _________________________________________________________

5. Identify the following bones of the skeletal system:
   Carpals _______________________________________________
   Clavicle (collar bone) __________________________________
6. What is a joint?

7. List the three types of joints found between bones.
   1. ___________________________  3. ___________________________
   2. ___________________________

8. Name and describe six types of freely movable joints. Be able to locate an example of each of these in your body.
   1. ___________________________  4. ___________________________
   2. ___________________________  5. ___________________________
   3. ___________________________  6. ___________________________

9. Be creative and construct a model of one of the six freely movable joints.

10. What is another name for a broken bone?

List 3 types of breaks that can occur in bones.
   1. ___________________________  3. ___________________________
   2. ___________________________
Describe how bones heal and how doctors can help this process.

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________________________________________________________________________

___ 11.  What is osteoporosis?

________________________________________________________________________

________________________________________________________________________

Who can get it?

________________________________________________________________________

List at least 5 health habits that deal with maintaining healthy bones and muscles.

1. __________________________

2. __________________________

3. __________________________

4. __________________________

5. __________________________

___ 12.  What is the function of the muscular system?

________________________________________________________________________

___ 13.  Name and describe three types of muscle tissue. Give one example of each.

<table>
<thead>
<tr>
<th>Muscle Tissue</th>
<th>Example</th>
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<tbody>
<tr>
<td>1.</td>
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___ 14.  Be able to identify the following muscles on your body:

a. Masseter
b. Trapezius
c. Deltoid
d. Pectoralis
e. Biceps
f. Abdominal

g. Quadriceps

h. Triceps

i. Latissimus dorsi

j. Gluteus maximus

k. Hamstrings

l. Gastrocnemius

m. Soleus.

15. Describe the process that causes a muscle to contract.

________________________________________________________________________

________________________________________________________________________

16. Describe the difference between voluntary and involuntary muscles.
Voluntary __________________________________________________

________________________________________________________________________

Involuntary ________________________________________________

________________________________________________________________________

17. Using your model in # 9, show how muscles, bones, and joints work together to produce movement.

18. Find 3 texts in the Bible that mention bones and/or muscles. Tell about each one in your own words.

1. __________________________________________________________

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________________________________________________________________________

2. __________________________________________________________

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________________________________________________________________________

3. __________________________________________________________

________________________________________________________________________

________________________________________________________________________