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Pathfinder's Name

## **Bones, Muscles, and Movement**

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1. What's the difference between exoskeletons and endoskeletons?

Exoskeltons \_\_\_\_\_  
\_\_\_\_\_

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) \_\_\_\_\_  
\_\_\_\_\_

cranium \_\_\_\_\_

femur \_\_\_\_\_

fibula \_\_\_\_\_

humerus \_\_\_\_\_

mandible \_\_\_\_\_

maxillary bones \_\_\_\_\_

metacarpals \_\_\_\_\_

metatarsals \_\_\_\_\_

patella \_\_\_\_\_

pelvis \_\_\_\_\_

phalanges \_\_\_\_\_

radius \_\_\_\_\_

ribs \_\_\_\_\_

scapula (shoulder blade) \_\_\_\_\_

coccyx (tail bone) \_\_\_\_\_

sternum (breast bone) \_\_\_\_\_

\_\_\_\_\_

tarsals \_\_\_\_\_

\_\_\_\_\_

tibia \_\_\_\_\_

\_\_\_\_\_

ulna \_\_\_\_\_

\_\_\_\_\_

vertebrae \_\_\_\_\_

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?

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Who can get it?

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

1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_

- ❑ 12. What is the function of the muscular system?

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

Muscle Tissue	Example
1. _____	_____
2. _____	_____
3. _____	_____

- ❑ 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.

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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. \_\_\_\_\_

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