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Skeletal & Muscular system study guide

Skeletal system

1. How many bones are there? 206
2. What is a fracture? A break in the bone results in swelling and pain
3. What is a dislocation? Bone pushes out of its joint, usually stretches or tears a ligament
4. What is scoliosis? A disorder where the spine curves to one side
5. What is osteoporosis? Brittle and porous bone
6. What is the ~~muscular~~ system made up of? bones, joints, & connective tissue
7. Name the 4 types of joints & give examples
 1. Hinge joint - knees & elbows
 2. Gliding joint - wrists & ankles
 3. Pivot joint - neck & wrists
 4. Ball & socket - hips & shoulders
8. What are the three connective tissues & their functions?
 1. Cartilage - cushions joints
 2. Tendons - attach muscle to bone
 3. Ligaments - connect the bones in a joint
9. What are the 4 functions of the skeletal system?
 1. Provides a strong framework
 2. Supports and protects your internal organs
 3. Storage center for minerals
 4. Produces body's blood cells
10. How can you keep your skeletal system healthy?
Good Nutrition, Good Posture, Regular Physical Activity, Use Protective gear when playing sports,

11. Know the skeletal diagram (you will need to know 6 different bones, there will be a diagram)

Muscular System

12. Define Sore muscles
Temporary Condition After Strenuous Exercise

13. What are the two basic opposite actions for muscle movement?

1. Contraction - Shortening of Muscle Fibers
2. Extension - the lengthening of muscle fibers

14. Name the 3 different types of muscles, tell which are voluntary, involuntary & where they are found in the body.

1. Skeletal muscles - voluntary, Found on bones
2. Smooth Tissue in organs Blood vessels, digestive, glands, ~ involuntary
3. Cardiac - Found in Only the Walls of the heart - voluntary

15. What is a muscle strain? Small tears to the muscle or tendon that have been overworked.

16. What is muscular dystrophy? Inherited Disease where Muscle tissue gradually wastes away.

17. Approximately how many muscles are in the human body?

More than 600

18. Know where the following muscles are in the body (there will be a diagram to label)

Bicep
Pectoralis major
Abdominal rectus
quadriceps