

Pathfinder's Name _____



Bones, Muscles and Movement Honor

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.

A. _____

B. _____

C. _____

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.

A. _____

B. _____

C. _____

8. Name and describe six types of freely movable joints. Be able to locate an example of these in your body.

a. _____ b. _____

c. _____ d. _____

e. _____ f. _____

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 three types of breaks that can occur in bones.

a. _____ b. _____

c. _____

11. What is osteoporosis?

Who can get it?

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

a. _____ b. _____

c. _____ d. _____

e. _____ f. _____

12. What is the function of the muscular system?

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

Muscle type

Example

1. _____

2. _____
3. _____

14. Be able to identify the following muscles on the body:

- a. Masseter
- b. Trapezius
- c. Deltoid
- d. Pectoralis
- e. Biceps
- f. Abdominals
- g. Quadriceps
- h. Triceps
- i. Latissimus dorsi
- j. Gluteus maximus
- k. Hamstrings
- l. Gastrocnemius
- m. Soleus

15. Describe the process that cause 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.