



Pathfinder's Name

Bones, Muscles, and Movement

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.

- ❑ 11. What is osteoporosis?

Who can get it?

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?

- ❑ 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.

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. _____

2. _____

3. _____
