Worksheet 1.8.2 Understanding the role of skeletal joints

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1 The main muscles of the human body >

Identify the main muscles (A to I) in the human body. Use these words:

pectoral muscle abdominal muscle quadricep

jaw muscle calf muscle forearm muscle

bicep tricep shoulder muscle



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2 The roles of different joints >>

Give an example of where each type of joint a) to d) is found.

Then match up each joint with the movement it allows.

|  |  |
| --- | --- |
| **Type of joint** | **Type of movement** |
| a) ball and socket jointExample ………………………………….. | i) around an axis  |
| b) hinge joint Example ………………………………….. | ii) in one direction  |
| c) pivot joint Example ………………………………….. | iii) all directions  |
| d) fixed joint Example ………………………………….. | iv) none  |

3 Tendons, ligaments and cartilage >>>

Explain the importance of each of the tissues below, and suggest the consequences of not having each.

a) tendons

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b) ligaments

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c) cartilage

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