

STRUCTURE AND FUNCTION OF THE SKELETAL SYSTEM (1.1A)

What do I need to know?	How do I feel about this?		
	Confident	Average	Unsure
Know the location of: <ul style="list-style-type: none"> • Cranium • Vertebrae • Ribs • Sternum • Clavicle • Scapula • Pelvis • Humerus • Radius • Ulna • Carpal • Metacarpals • Phalanges • Femur • Patella • Tibia • Fibula • Tarsals • Metatarsals 			
Know the functions of the skeleton: (support/protect/move/store minerals/blood production).			
Describe a synovial joint			
Describe hinge joints (elbow/knee) including articulating bones.			
Describe ball and socket joints (elbow/knee) including articulating bones.			
Know types of movement (flexion/extension/abduction/adduction/rotation/circumduction)			
Know the role of ligaments, cartilage and tendons.			

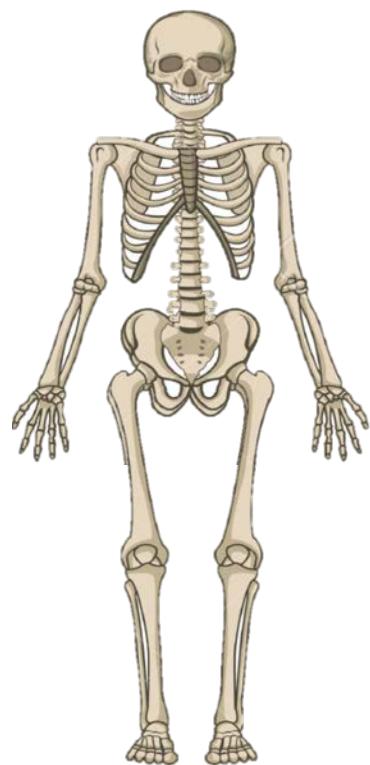
FUNCTIONS OF THE SKELETON

What are the functions of the skeleton?

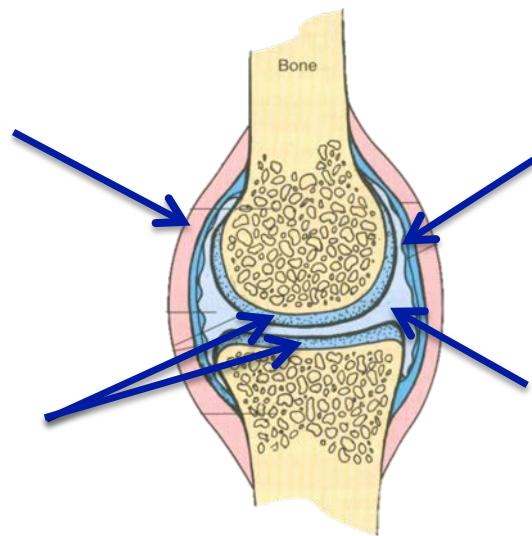
- 1.
- 2.
- 3.
- 4.
- 5.

LABELLING A SKELETON

Label the skeleton below.



WHAT IS A SYNOVIAL JOINT



TYPES OF MOVEMENT

Describe what each of the following movements does and at which joint, give an example.

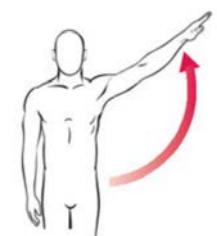
1. Flexion



2. Extension



3. Abduction

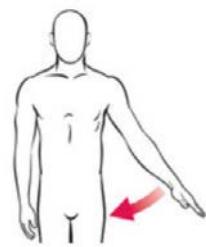


4. Adduction

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.....

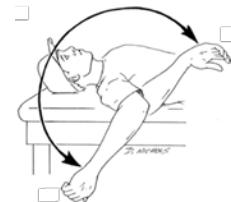
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5. Circumduction

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6. Rotation

.....

.....



HINGE JOINTS

First ball and socket joint:

.....

Articulating bones:

.....

Second ball and socket joint:

.....

Articulating bones:

.....

BALL AND SOCKET JOINT

First hinge joint:

.....

Articulating bones:

.....

Second hinge joint:

.....

Articulating bones:

.....

LIGAMENTS, CARTILAGE AND TENDONS

What is the role of?

Ligaments

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Cartilage

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.....

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Tendons

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.....

.....

SKELETAL SYSTEM EXAM QUESTIONS

Answer **all** the questions.

1. Which one of the following is a function of the skeleton?

- (a) To deliver oxygen to working muscles
- (b) To produce lactic acid
- (c) To store minerals
- (d) To create a good image

[1]

2. Giving a practical example for each, describe what is meant by adduction and abduction in joint movements.

Adduction

Abduction

[4]

3. Which one of the following is an example of a hinge joint?

- (a) The elbow joint
- (b) The shoulder joint
- (c) The spinal column
- (d) The hip joint

[1]

4. Which one of the following is **not** a function of the skeleton?

- (a) To protect internal organs
- (b) To provide the lungs with a blood supply
- (c) To give the body its shape
- (d) To provide leverage for muscle movement

[1]

5. Which one of the following is an example of a ball and socket joint?

- (a) Ankle joint
- (b) Elbow joint
- (c) Shoulder joint
- (d) Neck joint

[1]

6. Describe **two** roles of ligaments within joints when performing a physical activity.

[2]

7. Which one of the following is an example of adduction?

- (a) Moving your leg out to the side to gain balance in a gymnastic routine
- (b) Bending your arms when performing a biceps curl in weight training
- (c) Throwing your head back when breathing in backstroke
- (d) Moving both arms towards your body during the breast stroke

[1]

8. Which **one** of the following statements is false?
Put a tick (✓) in the box next to the correct answer.

(A) The movement at the elbow joint during a biceps curl is an example of flexion and extension.

(B) The deltoid at the shoulder joint during a biceps curl is an example of a fixator.

(C) Most of the lever systems that provide movement in sport are examples of third class levers.

(D) An example of a second-class lever is a tennis player using their elbow joint during a forehand shot.

[1]

9. Which one of the following is not a function of the skeleton?

(a) To give support to the body

(b) To protect the heart and lungs

(c) To ensure enough oxygen reaches the working muscles

(d) To produce red blood cells

[1]

10. Which one of the following is an example of a hinge joint?

(a) Shoulder

(b) Neck

(c) Elbow

(d) Wrist

[1]

11. The knee is an example of a synovial joint.

Complete the table below for the knee joint.

Type of joint (other than synovial)	Articulating bones	Movements available
(i).....	Femur and (ii).....	(iii)..... and Extension

[3]

12. Which one of the following is not an articulating bone of the elbow joint?

Put a tick () in the box next to the correct answer.

- (A) Humerus
- (B) radius
- (C) clavicle
- (D) ulna

-
-
-
-

[1]

END OF QUESTION PAPER