

Topic 1.1 - The Skeletal System Review Activities

1. **Identify** the bones of the skeleton that are part of the:

- A) appendicular skeleton B) axial skeleton

- _____ scapula _____ tibia _____ humerus _____ ribs _____ fibula
 _____ sternum _____ sacrum _____ clavicle _____ thoracic vertebrae
 _____ phalanges _____ coccyx _____ skull bones _____ cervical vertebrae

2. **State** the functions of:

- a. axial skeleton:

 b. appendicular skeleton:

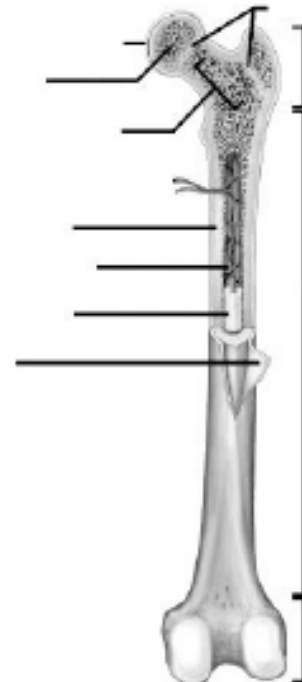
3. **Fill in** the chart below:

| Type of Bone | Shape | Location |
|--------------|-----------------------------------------------------------------|------------------------|
| Long | | |
| | Small and cube-shaped, articulate with more than one other bone | |
| | | Sternum, scapula, ribs |
| Irregular | | |

4. **Identify** the type of bone for each example:

- a. sternum: _____
 b. radius: _____
 c. carpals: _____
 d. cervical vertebrae: _____
 e. tibia: _____

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5. **Label** the diagram of the long bone to the right.

6. **State** the function of these parts of a long bone:

- a. articular cartilage:

 b. periosteum:

 c. spongy bone:

 d. compact bone:

 e. yellow marrow:

 f. red marrow:

 g. epiphyseal plate:

7. Using the anatomical position, **identify** the bone that is indicated by each of the descriptions:
- proximal to the phalanges: _____
 - anterior to the distal end of the femur: _____
 - posterior to the clavicle: _____
 - distal to the femur: _____
 - lateral to the tibia: _____
 - medial to the radius: _____
 - superior to the first cervical vertebrae: _____

8. A tendon connects _____ to _____.

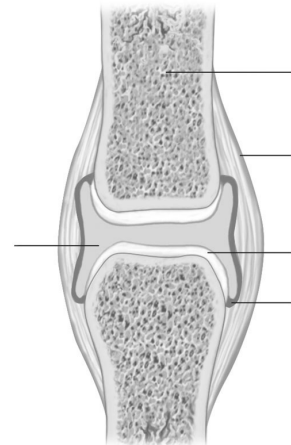
9. A ligament connects _____ to _____.

10. **Define** the term *joint*.

11. Use the following terms to **label** the drawing of a synovial joint:

- Articular cartilage
- synovial membrane
- synovial fluid
- articular (joint) capsule

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12. **Complete** the table as it relates to the major types of joints involved in sport activities.

| Type of Joint | Where the Joint is Found in the Body | Sporting Examples of Use of this Joint |
|------------------------|--------------------------------------|----------------------------------------|
| Ball and Socket | | |
| Hinge | | |
| Gliding | | |
| Pivot | | |

13. **List** the bones that articulate (meet) in the following joints:

- Knee: _____
- Elbow: _____
- Shoulder: _____
- Thoracic vertebrae: _____
- Hip: _____

14. **Explain** the role of the skeletal system in producing movement of the body.

15. **Give an example** from any sport of how the following functions of the skeleton play a part in that activity:

- Sport chosen: _____
- Shape and support: _____
- Movement: _____
- Protection: _____