Exam Review Questions

Textbook pages25-28 Q 4-7,9,12-22,29,35,36

Page 106 Q 5-7

1. What is the longest bone in the body and why is it so?

2. What are the functions of the skeletal system?

- Axial Skeleton-

- Appendicular Skeleton -

3. What are the functions of the vertebral column?

4. Name the types of bones. Which type is movement important for movement?

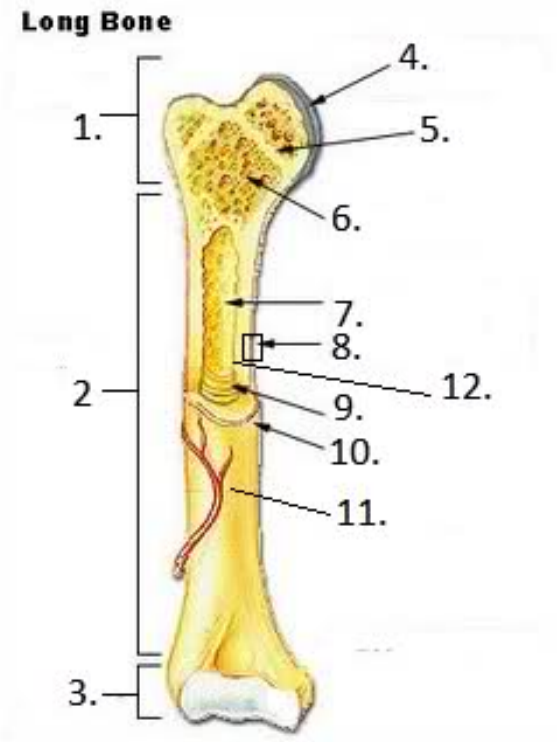
9. How do the axial and appendicular skeletons differ in terms of their main function?

- Axial Skeleton protection, attachment, movement, support

- Appendicular Skeleton attachment, movement, support, blood cell formation & mineral reservoir.
  - (calcium & phosphorus)

5. What are the end and the shafts of a long bone called?

- Label 1, 2, 3, 4, 6, 8, 7, 9



6. What would you find in the medullary cavity (interior of the diaphysis of a long bone?

7. What has the potential to affect the stability of a joint?

- Think of 5 reasons…..

8. Name and describe and provide an example of the types of synovial joints in the body. Which type of joint has the most movement and why?

9. How do fibrous, cartilagenous & synovial joints differ?

10. What type of joint is the elbow? The radioulnar joint? The atlas/axis vertebrae? The joints between the phalanges/metacarpals?

11. Where is articular cartilage found and what is its function?

12. Where is synovial fluid found and what is its function?

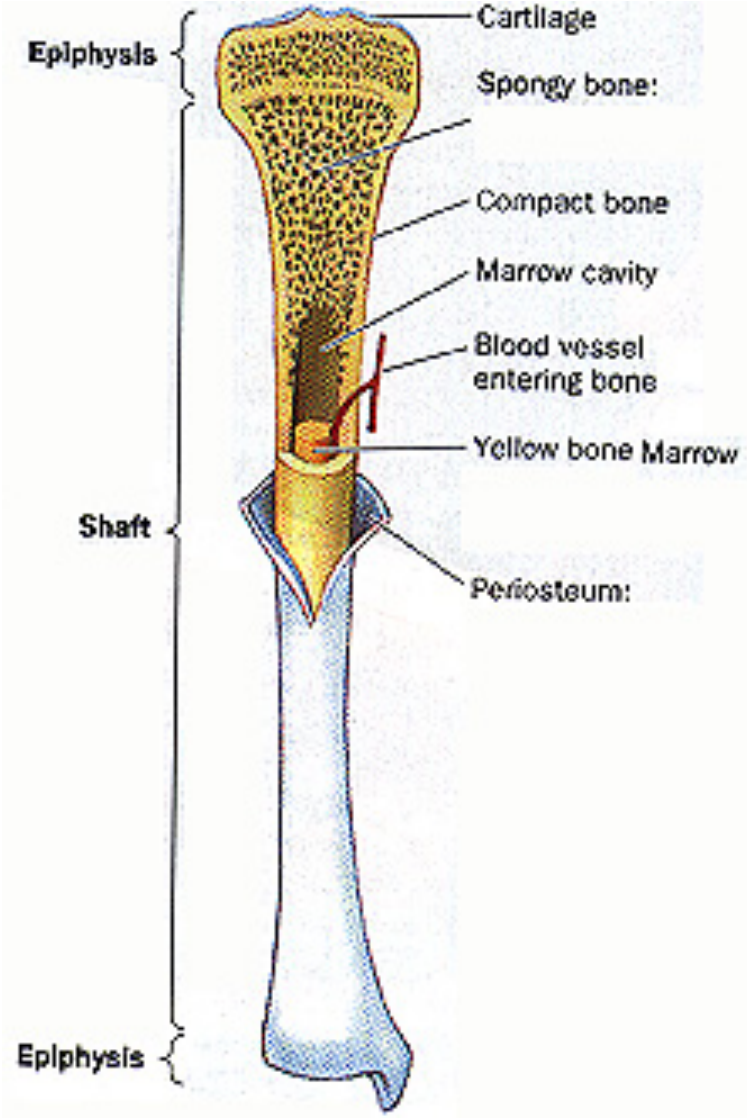
13. Where are the bursae commonly found and what do they do?

14. A tendon connects _____to _____. Are they generally more or less flexible than ligaments?

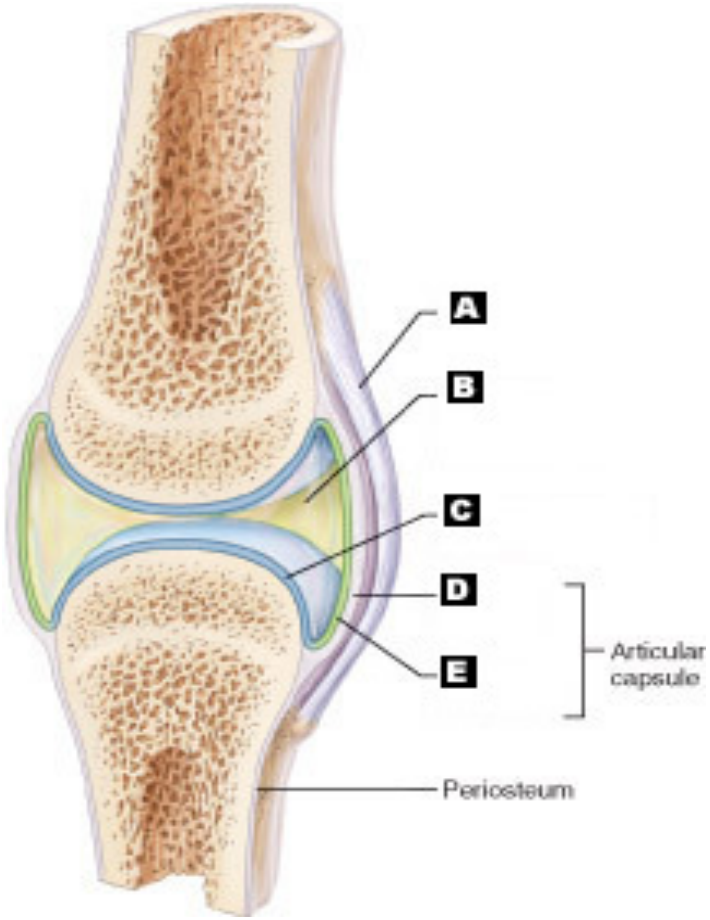
15. A ligament connects _____ to _____. Name and locate the 4 ligaments in the knee.

16. Name the 3 layers of fascia (sheath layers in muscle) in a muscle and identify where they are found.

35. Label the long bone



17. Practice labeling the synovial joint



5. What are the opposites of these joint movements: flexion, abduction, medial rotation?

- Extension
- Adduction
- Lateral (external rotation)

18. Describe motion/rotation of the forearm. Describe the planes a baseball pitcher would cross/move along during a pitch.

19. Understand the following muscle terms or why they are important to muscle function:

- Nerve -
- Calcium ions -
- Muscle fiber -
- Sarcomere -
- Striation -
- Myofibrils -
- Myofilament -
- Myosin -
- Actin -
- Sliding filament model -

20. Define origin and insertion of a muscle. What are the origin and insertion points of the:

- Erector spinae
- Biceps brachii
- Soleus
- External obliques

21. How do concentric, eccentric and isometric muscle contractions differ? (We will cover this on Monday)

- Concentric- muscle shortens during contraction
- Eccentric – muscle lengthens during contraction
- Isometric- muscle does not move during contraction