



Chapter 14: Muscles, Bones, and Skin Study Guide

Question 23 does not require an answer

1. List the organizational system of organisms from cells to organisms - **cells, tissues, organs, organ systems**
2. Define: Bone, Ligament, Tendon, and Cartilage

Bone – complex living structures that undergo growth and development.

Ligament – strong connective tissue that hold bones together at joints.

Tendon – connective tissue that attaches muscle to bone.

Cartilage – connective tissue more flexible than bone.

3. Identify the 5 main functions of the skeletal system.

Movement, protection, support, storage, & producing blood cells

4. Differentiate between an immovable and movable joint. **Immovable allow little or no movement like the bones of the skull. Movable joints allow the body to make a large range of movements.**
5. Identify an example of an immovable joint. **skull**
6. Identify the 4 main types of movable joints, describe the action of each, and list an example of each joint.
Hinge – backward and forward – knee
Ball and Socket – greatest range in a circle – shoulder
Pivot – Rotate around another bone – neck
Gliding Joint – Sliding - wrist

7. List at least 4 characteristics of the muscular system.

- **Muscles can contract**
- **Some are voluntary some are involuntary**
- **Exercise maintains strength and flexibility**
- **Allow movement of the body**

8. Differentiate between a voluntary and involuntary muscle movement.

Voluntary – you consciously control

Involuntary – occur without your conscious control

9. Identify the muscle movement for each of the types of muscle.



Muscle Study Guide With Answers

RS Peters



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An Illustrated Atlas of the Skeletal Muscles: Study Guide and Workbook Bradley S. Bowden, Joan M. Bowden, 2012-01-01 The Study Guide and Workbook provides a significant review and reinforcement tool to aid students in mastering their knowledge of the human skeleton articulations body motions and the innervations and actions of individual and functional groups of muscles Designed to accompany An Illustrated Atlas of the Skeletal Muscles 3rd edition by Bowden Bowden as an additional study tool it also provides all health professions and life science students an effective self study guide on these topics Study Guide for The Human Body in Health and Illness - E-Book Barbara Herlihy, 2017-10-28 Use this practical review to get the most out of your A P textbook Corresponding to the chapters in The Human Body in Health and Illness 6th Edition by Barbara Herlihy this study guide makes it easy to understand and remember basic Anatomy Physiology Engaging exercises activities and quizzes help you memorize A P terms and master the key concepts relating to A P and disease of the human body Even if you find science intimidating this review tool can help you succeed in A P Textbook page references are included with the questions to make it easier to find and review A P topics Objectives at the beginning of each chapter reinforce the goals of the textbook and set a framework for study Coloring activities help you study and remember the details of anatomy Each chapter includes three parts Mastering the Basics with matching ordering labeling diagram reading and coloring exercises Putting It All Together including multiple choice quizzes and case studies Challenge Yourself with critical thinking questions and puzzles UPDATED content matches the new and revised material in the 6th edition of The Human Body in Health and Illness textbook **Study Guide for The Human Body in Health and Illness** Barbara Herlihy, 2013-11-27 Corresponding to the chapters in The Human Body in Health and Illness 4th Edition by Barbara Herlihy this study guide offers fun and practical exercises to help you review understand and remember basic A P Even if you find science intimidating this book can help you succeed Each chapter includes three parts Mastering the Basics with matching ordering labeling diagram reading and coloring exercises Putting It All Together including multiple choice quizzes and case studies Challenge Yourself with critical thinking questions and puzzles Textbook page references are included with the questions to make it easier to review difficult topics Objectives at the beginning of each chapter reinforce the goals of the textbook and set a framework for study UPDATED content matches the new and revised material in the 5th edition of the textbook UPDATED coloring exercises improve your retention of the material NEW exercises are included on the endocrine system hematocrit and blood coagulation the preload and afterload function of the heart identifying arteries and veins the lymphatic system and the components of the stomach **NASM Essentials of Personal Fitness Training**, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power

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