

HUMAN BIOLOGY FINAL EXAM STUDY GUIDE

Bone structure

- Compact bone
 - is composed of osteons with a central canal containing blood vessels.
 - contains living bone cells called osteocytes in chambers called lacunae.

More detail on bone

- Spongy bone
 - is made of plates with spaces filled with red bone marrow.

Where are all the 3 types of cartilage found?

- Cartilage is flexible connective tissue categorized based on the type and arrangement of matrix fibers.
- Types
 - **Hyaline cartilage:** ends of long bones, nose, ends of ribs, larynx and trachea
 - **Fibrocartilage:** disks between vertebrae and in the knee (meniscus) ; stronger than hyaline cartilage
 - **Elastic cartilage:** ear flaps and epiglottis; more flexible than hyaline cartilage

Bones of the face and hyoid bone

- Facial bones
 - Mandible
 - Maxillae
 - Zygomatic bones
 - Nasal bones
- Hyoid
 - Only bone that does not articulate with another bone

What are the important cells in bone growth, repair, and remodeling?

- Osteocytes – mature bone cells that maintain bone structure (live in bone) derived from osteoblasts
- Osteoblasts – bone-forming cells (lay down bone)
- Osteoclasts – bone-absorbing cells (bone eaters)
- Chondrocytes – cartilage-forming cells

Osteoporosis

- Osteoporosis is a condition where bones are weakened due to a decreased bone mass.
- Bone reabsorption exceeds absorption usually by age 40.
- Risk factors include: women, white or Asian, thin, family history, early menopause, smoking, diet low in calcium, excessive caffeine or alcohol consumption, and a sedentary lifestyle.

The sarcomere

- Made of 2 protein myofilaments
 - A thick filament is composed of several hundred molecules of the protein myosin. Each myosin molecule is shaped like a golf club.
 - Primarily, a thin filament consists of 2 intertwining strands of the protein actin.
 - These filaments slide over one another during muscle contraction.

Human Biology Final Study Guide

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