



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 Exam Study Guide Answers

M. Linda Workman, Linda A. LaCharity

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author names.

Muscle Exam Study Guide Answers:

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 Board of Certification, Inc., Athletic Trainer Certification Examination Susan Rozzi, Michelle

Futrell, 2019-10-24 A complete roadmap to success on the Board of Certification Athletic Trainer Certification Examination
This popular study guide delivers everything students need to sit for the exam with confidence **EMT Exam Prep,**

Seventh Edition: Focused Prep Book and Study Guide for the NREMT Cognitive Exam + One Full Length Practice Test Kaplan Medical, 2024-02-27 Emergency response careers are on the rise as states and municipalities create professional paid full time EMT positions and move away from volunteer crews EMT Exam Prep provides efficient review and test taking strategies for passing the cognitive portion of the National Registry EMT exam NREMT from the experts at Kaplan Test Prep as well as a full length practice test for self evaluation **CEN Study Guide** Jonathan L. Reese, 2024-08-23 Have you ever

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Zerwekh,2020-12-24 Testing Strategies for the NCLEX PN Examination chapter addresses the challenges of the Next Generation NCLEX and provides targeted strategies for success UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 2 000 review questions on the companion Evolve website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs Examples of Next Generation NCLEX style questions on the companion Evolve website familiarize you with these new types of questions Answers and rationales are provided for all review questions Test Alert boxes highlight key concepts frequently found on the NCLEX examination Alternate item format questions on the companion Evolve website prepare you for these question types on the NCLEX examination UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Nursing Priority boxes make it easier to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify content on self care and home care A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination

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LaCharity, 2015-11-25 538 pages 538 pages NEW Body system organization helps readers better understand drugs that are specific to particular body systems NEW More chapter review questions have been added to the text All review questions are now organized into one of two categories Test Yourself on the Basics and Test Yourself on Advanced Concepts

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