



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.



Muscular System Study Guide Answer Sheet

Barbara Herlihy



Muscular System Study Guide Answer Sheet:

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