

Name _____ **Skeletal and Muscular System Review**

Multiple Guess.

1. _____ Cartilage is
 - A) Infection in the bones
 - B) Swelling & stiffness in a joint
 - C) Tough flexible cushion between two bones
 - D) Curvature of the spine

2. _____ Ligaments
 - A) Strong cord that connects *bone to bone*
 - B) Strong cord that connects *muscle to bone*

3. _____ Tendons
 - A) Strong cord that connects *bone to bone*
 - B) Strong cord that connects *muscle to bone*

4. _____ Which of the following is located superior to the femur:
 - A) Metacarpals
 - B) Fibula
 - C) Tibia
 - D) Humerous

5. _____ The heart muscle is an example of a _____ muscle.
 - A) Voluntary
 - B) Absolute
 - C) Involuntary
 - D) Sternocleidomastoid

6. _____ A bone is supplied with nutrients by
 - A) Yellow Bone Marrow
 - B) Red Bone Marrow
 - C) Calcification
 - D) Blood Vessels

7. _____ What part of the skeletal system consists of the skull, chest, ribs and vertebral column?
- A. Systematic
 - B. Vertebral
 - C. Axial
 - D. Appendicular
8. _____ What system protects the internal organs from being damaged?
- A. Muscular
 - B. Reproductive
 - C. Padded
 - D. Skeletal
9. _____ The appendicular skeleton consists of what parts?
- A. Head, sternum, ribs and vertebrae
 - B. Hands, feet, legs, hips and arms
 - C. Feet, head, legs, ribs and arms
 - D. Hips, head, toes and fingers
10. _____ The point at which two bones come together is what?
- A. Ligaments
 - B. Pivot
 - C. Ossification
 - D. Joint
11. _____ The fibrous bands that connects two bones in a joint are
- A. Cartilage
 - B. Tendons
 - C. Ligaments
 - D. Strings
12. _____ The three types of muscle tissues are:
- A. Muscular, heart and rough
 - B. Smooth, cardiac, skeletal
 - C. Heart, quadriceps, sternocleidomastoid
 - D. Smooth, rough, tumor

13. _____ Skeletal muscles are
A. Involuntary
B. Voluntary
14. _____ Your stomach muscle is
A. Involuntary
B. Voluntary
15. _____ How do muscles work together?
A. Stretch and pull
B. Up and down
C. Contraction and Extension
D. Right and left
16. _____ The heart is made of what type of muscle fiber?
A. Cardiac
B. Smooth
C. Useful
D. Skeletal
17. _____ The esophagus is made of what type of muscle fiber?
A. Cardiac
B. Smooth
C. Striated
A. Skeletal

Fill in the missing information about the different type of joints

TYPE	EXAMPLE	DESCRIPTION
	Shoulder & Hip	
Pivot Joint		Moves up & down and side to side.
Hinge		Moves in only one direction
	Wrists & Ankles	

Match the term with the correct definition.

- | | |
|---------------------------|---|
| 18. _____ Flat Bones | A) Bones of the skull. |
| 19. _____ Short Bones | B) Bones of the shoulder and hip |
| 20. _____ Irregular Bones | C) Bones such as the humerus, femur, radius, ulna and fibula. |
| 21. _____ Flat Bones | D) Bones phalanges and carpals |

22. The protective layer around the bone:

23. This can be found inside the center of bones:

24. These types of bones are primarily used to support weight:

25. These muscles can be found in the lower back:

26. How many muscles are there in the human body?

27. This muscle is often called the calf muscle.

28. The muscles found in the upper chest.

29. These muscles can be found in your thigh.

30. The muscles found at the back of the thigh.