ACTIVITIES ABOUT THE LOCOMOTOR SYSTEM.

1. Choose the correct answer

1. Which of the following sections of the vertebral column is positioned nearest to the head?
    a. Lumbar vertebrae
    b. Cervical vertebrae
    c. Coccyx

2. Which two bones connect at the shoulder?
    a. Scapula and sternum
    b. Scapula and humerus
    c. Humerus and sternum

3. Which of these muscle types are found in the heart?
    a. Cardiac muscle
    b. Smooth muscle
    c. Skeletal muscle

4. Which of the following muscle types is under conscious control?
    a. Cardiac muscle
    b. Smooth muscle
    c. Skeletal muscle

5. Which muscle operates as the antagonistic pair in combination with the quadriceps?
    a. Gluteus maximus
    b. Hip flexors
    c. Hamstrings

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2. Drag in the correct column

Joints	Bones	Muscles

1. Finger	2. Hamstring	3. Spine
4. Ankle	5. Trapezius	6. Elbow
7. Carpals	8. Dorsi	9. Tibia

3. Link the word in English with its meaning

Contract	•	• Join the bone to another bone
Tendon	•	• It is a muscle cell
Ligament	•	• It is one of the functions of the skeleton
Fibre	•	• Join the muscle to the bone
Support	•	• When the muscle becomes shorter
Long bone	•	• Translates the force generated by the skeletal muscle.

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