

UNIT 1: INTERACTION

HOW WE MOVE

Our body moves in response to signals from the _____.
These signals travel through the nervous system to our _____.
These _____ and relax to allow us to make _____.
The muscles are supported by the _____ and _____. This system is called the locomotor system.

The skeleton: is made up of _____. There are three types of bones.
1-_____ bones :(vertebrae in the spine) provide support and stability.
2-_____ bones :(ribs and the pelvis) protect the internal organs.
3-_____ bones :shape _____ and are used for movement.

Joints

Our bones are connected at the joints by elastic tissue called _____.

The ends of the bones at the joints are covered in tissue called _____.

There are three types of joints.

- _____ joints do not move (skull)
- Semi-flexible joints (vertebrae in the spine)
- Most joints in the body are _____ joints

Muscles

+600 in the human body. They are controlled by the _____ system.

There are three types of muscles:

- 1-_____ muscles: are joined to the bones by _____. They work in pairs. For example, when the biceps contract, the _____ relax. They are _____ muscles
- 2-_____ muscles: are found in organs such as the intestines or stomach. They are _____ muscles
- 3-The _____ muscle: makes up our heart. They are _____ muscles

