**Skeletal System Notes** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Period / Team: \_\_\_\_\_\_\_\_\_



**What are the main FUNCTIONS of a skeleton?** *(What does the skeleton do?)*

1. It gives us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. It helps us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. It protects our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. It produces \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. It stores stuff (like \_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_) until your body needs it.



**What is a JOINT? Why are JOINTS important?**

* Bones are connected at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Joints allow bones to \_\_\_\_\_\_\_\_\_\_\_\_ in different ways…or are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What are the different TYPES of Joints?**

1) **HINGE JOINT** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2) **BALL-AND-SOCKET JOINT** - \_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 Examples: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Examples: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) **PIVOT JOINT** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4) **GLIDING JOINT** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Examples: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Examples: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Are BONES alive?**

The skeletal system, like all organ systems, is made of up \_\_\_\_\_\_\_\_\_\_\_\_\_ (your bones), which are made up of living \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Bones \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and can \_\_\_\_\_\_\_\_ themselves if you break one!

**Keeping Bones Healthy :** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a disease where bones lose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and become \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Osteoporosis mostly affects the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 **Muscular System Notes** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Period/Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What is the Muscular System?**

**MUSCLES** are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to provide the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ needed to move your body parts.

**TENDONS** are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that attach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ . (*This connection allows your muscles to move your bones.)*

**What does your muscular system do? (What is its FUNCTION?)**



1. It holds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ together so you can move.
2. It holds our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in place.
3. It helps us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our food.
4. It pumps our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. It allows you to \_\_\_\_\_\_\_\_\_\_\_\_\_, smile, \_\_\_\_\_\_\_\_\_\_\_\_\_, laugh, etc.

**What types of muscles are there?**



Muscles can be:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (you choose to use them) or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (they work without you thinking about them)

And, they can be:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(attached to bones), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(in your digestive system), or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (in your heart)

**How do muscles work?**

Muscles \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (contract), and then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to return to original length.

Muscles often \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, so they can pull in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ directions.

Example: a) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ bends elbow b) \_\_\_\_\_\_\_\_\_\_\_\_\_ extends elbow.