



Bones, Muscles & Movement Pathfinder Honour

Participant Worksheet

Honour Requirements (available [here](#))

1. What's the difference between exoskeletons and endoskeletons? Which type of skeleton do humans have?
2. List three functions of the skeletal system
3. Is bone a living tissue? Explain why or why not.
4. Describe the structure and development of bone.
5. Identify the following bones of the skeletal system: Carpals, clavicle (collarbone), cranium, femur, fibula, humerus, mandible, maxillary bones, metacarpals, metatarsals, patella, pelvis, phalanges, radius, ribs, scapula (shoulder blade), coccyx (tailbone), sternum (breastbone), tarsals, tibia, ulna, and vertebrae.
6. What is a joint?
7. List the three types of joints found between bones.
8. Name and describe six types of freely moveable joints. Be able to locate an example of each of these in your body.
9. Be creative and construct a model of one of the six freely moveable joints.
10. What is another name for a broken bone? List 3 types of breaks that can occur in bones. Describe how bones heal and how doctors can help this process.
11. What is osteoporosis? Who can get it? List at least 5 health habits that deal with maintaining healthy bones and muscles.
12. What is the function of the muscular system?
13. Name and describe three types of muscle tissue. Give one example of each.
14. Be able to identify the following muscles on your body: Masseter, Trapezius, Deltoid, Pectoralis, Biceps, Abdominal, Quadriceps, Triceps, Latissimus dorsi, Gluteus maximus, Hamstrings, Gastrocnemius, and Soleus.
15. Describe the process that causes a muscle to contract.
16. Describe the difference between voluntary and involuntary muscles.
17. Using your model in # 9, show how muscles, bones, and joints work together to produce movement.
18. Find 3 texts in the Bible that mention bones and/or muscles. Tell about each one in your own words.



1. What's the difference between exoskeletons and endoskeletons? Which type of skeleton do humans have?

a) What is an exoskeleton?

b) What is an endoskeleton?

c) What type of skeleton do humans have?



2. List 3 functions of the skeletal system:

a)

b)

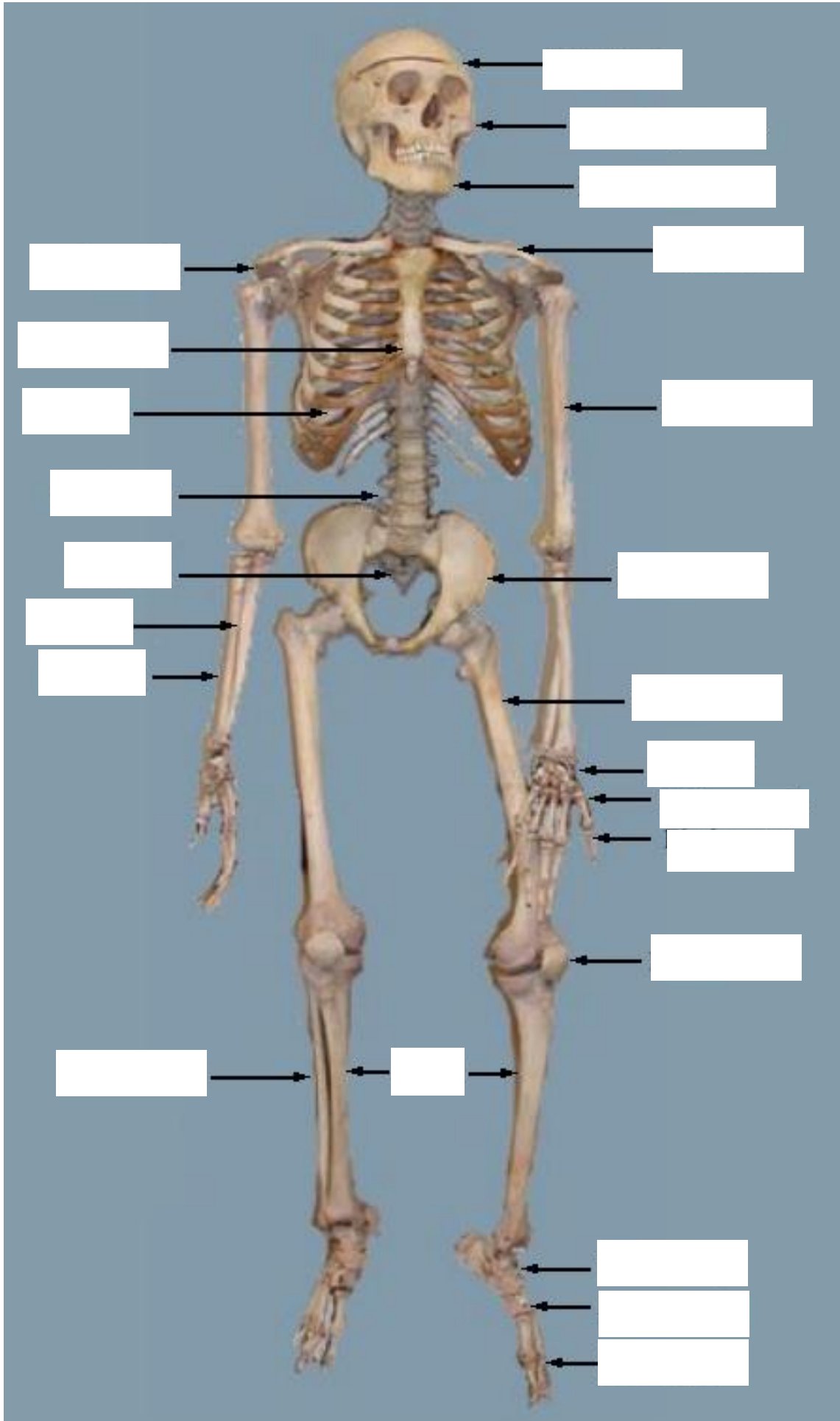
c)

3. Is bone a living tissue? Explain why/why not:



4. Describe the structure and development of bone

5. Identify the following bones of the skeletal system: Carpals, clavicle (collarbone), cranium, femur, fibula, humerus, mandible, maxillary bones, metacarpals, metatarsals, patella, pelvis, phalanges, radius, ribs, scapula (shoulder blade), coccyx (tailbone), sternum (breastbone), tarsals, tibia, ulna, and vertebrae.





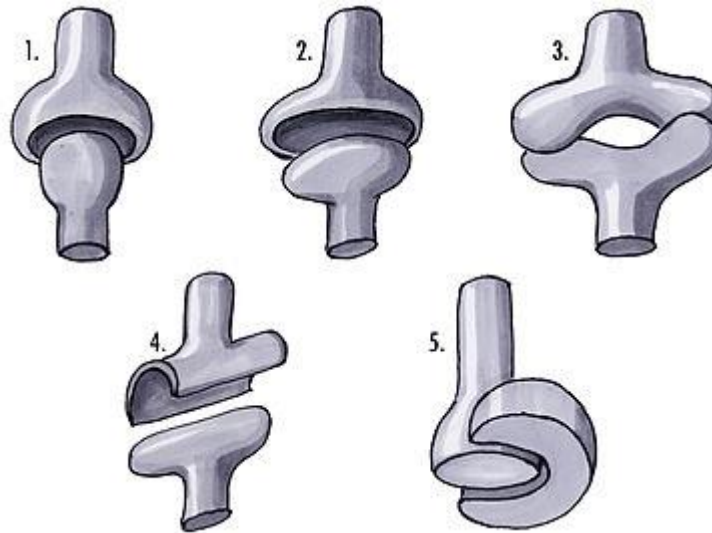
6. What is a joint?

7. List the 3 types of joints found between bones:

- a)
- b)
- c)



8. Name and describe the 6 types of freely moveable joints. Provide an example of where you can find each type of joint within the body



9. Be creative and construct a model of 1 of these 6 freely moveable joints



10. Broken bones

a) What is another name for a broken bone?

b) List 3 types of breaks that can occur in bones

i)

ii)

iii)

c) Describe how bones heal and how doctors can help this process



11. Osteoporosis

a) What is osteoporosis?

b) Who can get osteoporosis?

c) List at least 5 healthy habits that deal with maintaining healthy bones and muscles

i)

ii)

iii)

iv)

v)



12. What is the function of the muscular system?

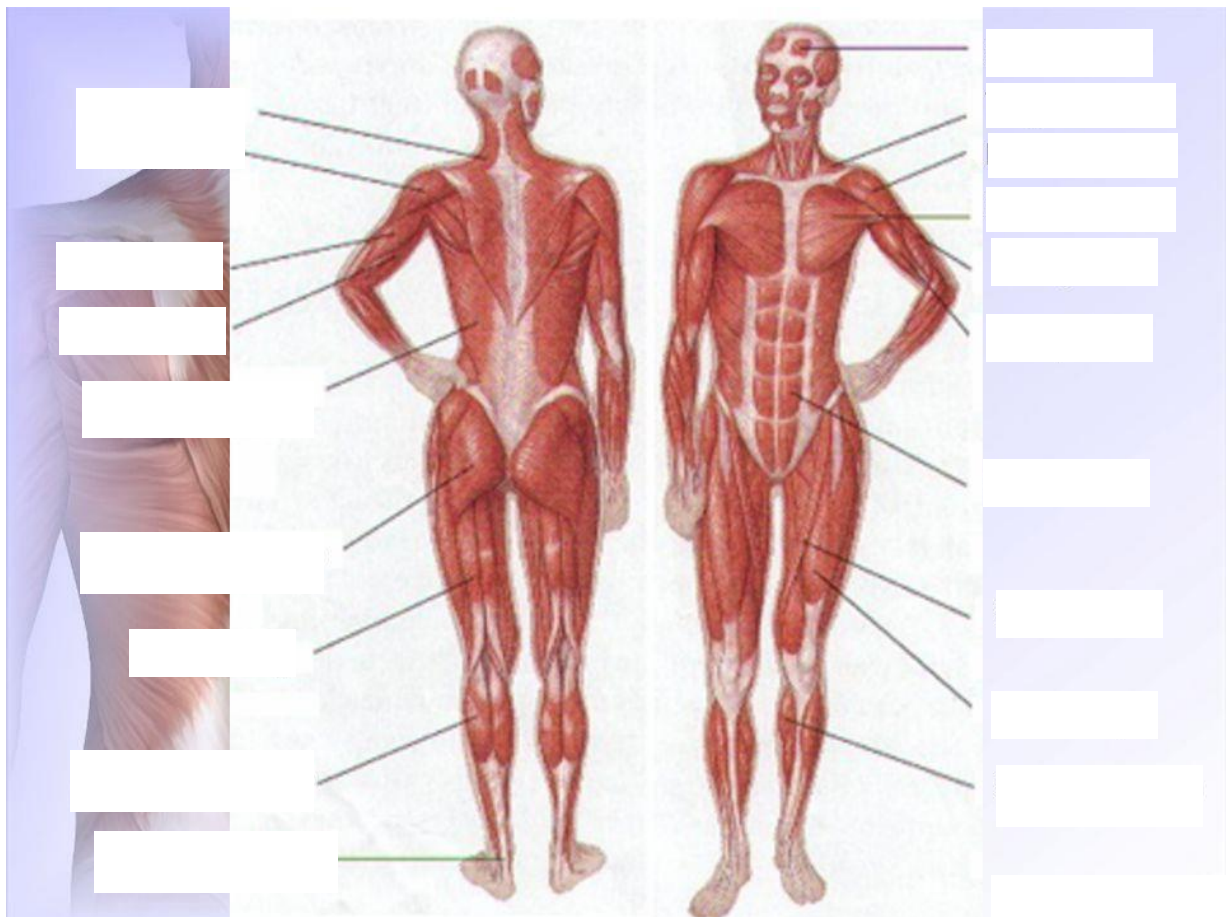
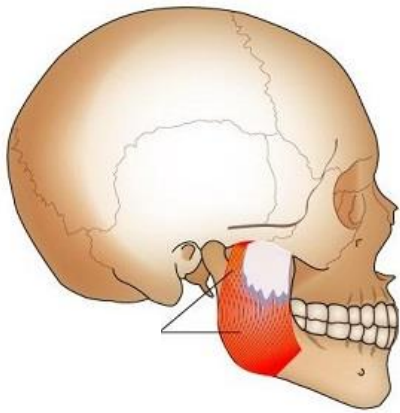
13. Name and describe three types of muscle tissue. Give one example of each:

a)

b)

c)

14. Be able to identify the following muscles on your body: Masseter, Trapezius, Deltoid, Pectoralis, Biceps, Abdominal, Quadriceps, Triceps, Latissimus dorsi, Gluteus maximus, Hamstrings, Gastrocnemius, and Soleus





15. Describe the process that causes a muscle to contract

16. Describe the difference between voluntary and involuntary muscles



17. Using your model from question 9, show how muscles, bones, and joints work together to produce movement

18. Find 3 texts in the Bible that mention bones and/or muscles. Tell about each one in your own words

a)

b)

c)

d)

e)