

The skeletal Structure

Physical Education Theory

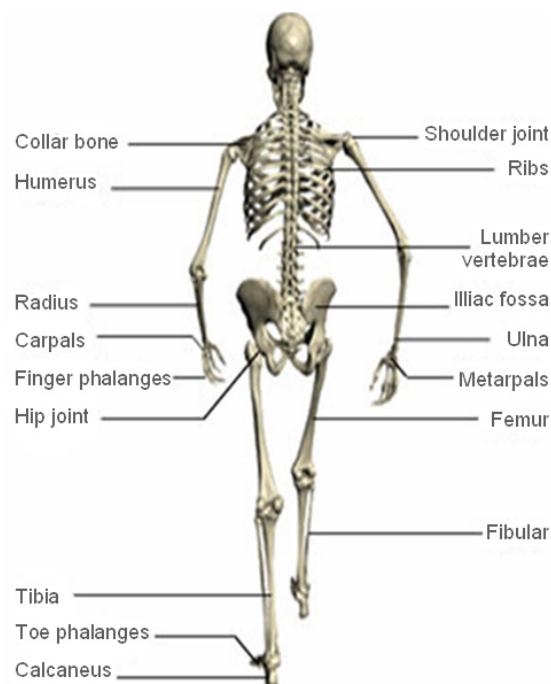
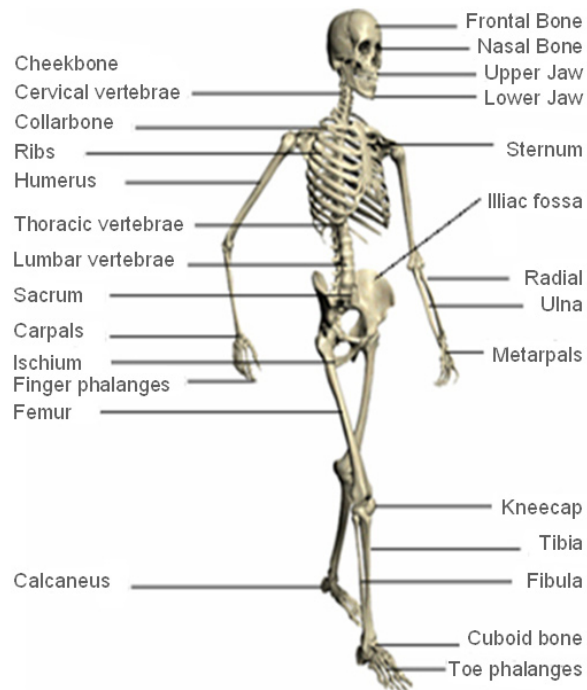


Name:

Date:

The four major functions of the skeleton are

- S
- M
- P
- B



Bone Names

- | | |
|------|------|
| 1 • | 14 • |
| 2 • | 15 • |
| 3 • | 16 • |
| 4 • | 17 • |
| 5 • | 18 • |
| 6 • | 19 • |
| 7 • | 20 • |
| 8 • | 21 • |
| 9 • | 22 • |
| 10 • | 23 • |
| 11 • | 24 • |
| 12 • | 25 • |
| 13 • | |

After you have identified each bone name, see if you can locate them on page 3.

Remember where the bones are

The Chest

Sternum:

Ribs:

Clavicle:

Scapula:

The Hand

Phalanges:

Metacarpals:

Carpals:

The Arm

Radius:

Ulna:

Humerus:



The Leg

Fibula:

Petella:

Pelvis:

The Foot

Phalanges:

Metatarsals:

Tarsals:

Bone Classification

The 3 different types of bones are, examples of these are

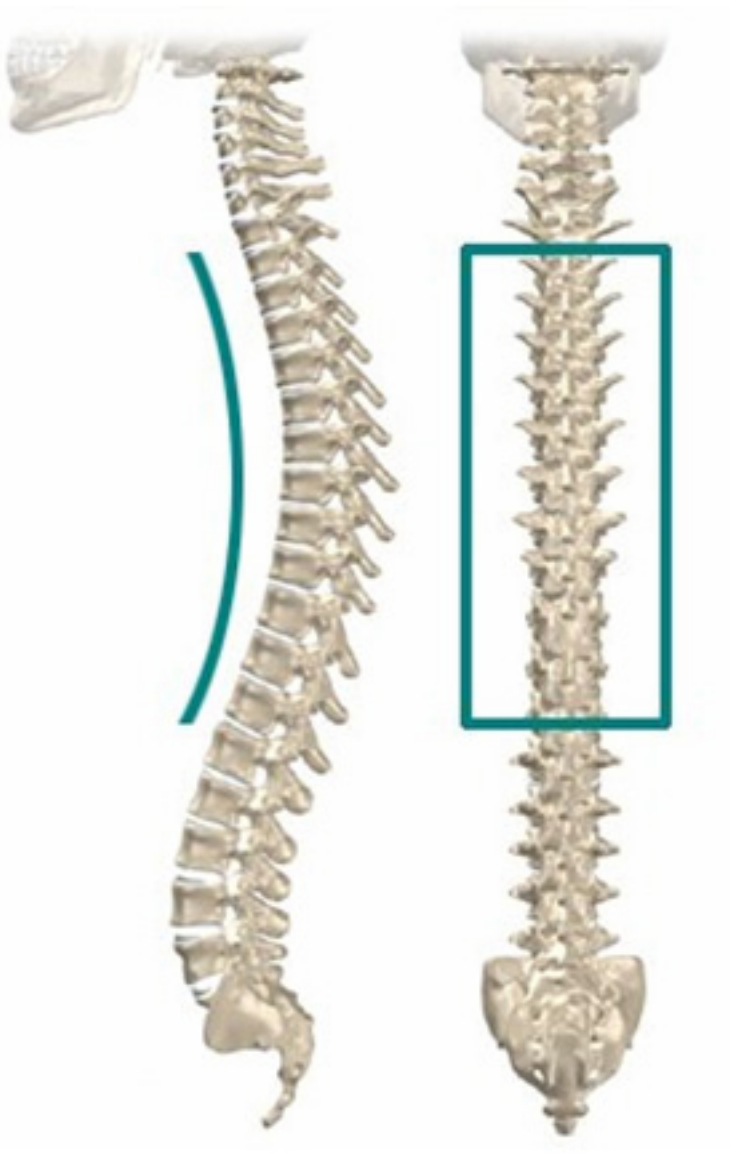
- 1
- 2
- 3

Name the strongest bone in the body and where it is situated?

-

The Spinal Cord

Name the 4 missing sections of the Spinal Cord.



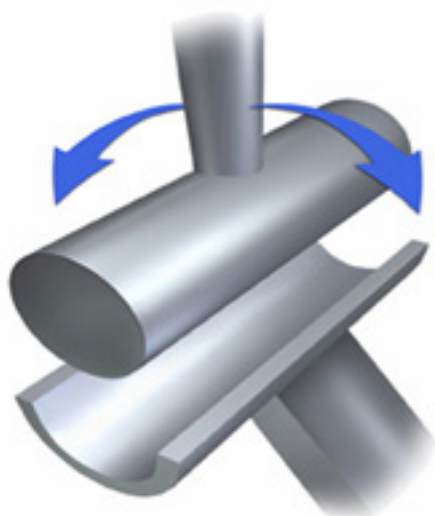
**Thoracic
Spine**

The Four main types of joint are, and they are located

1 •

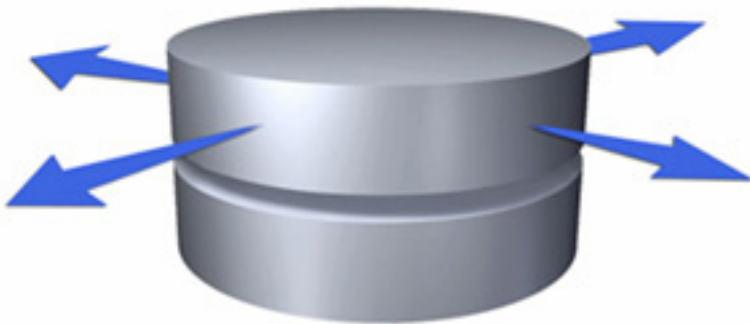


2 •

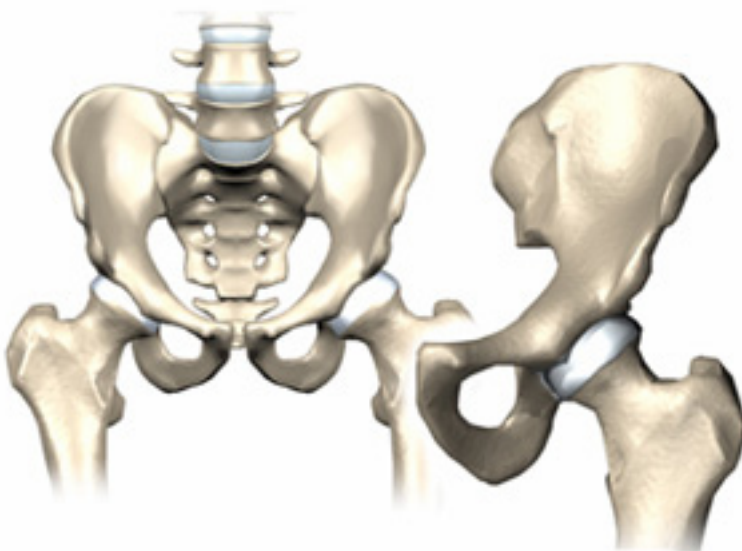




3 •



4 •



The five types of movement produced are? Explain what joint can produce such movement?
Give an example.

1 •

2 •

3 •

4 •

5 •

Synovial Joints

Synovial joint:

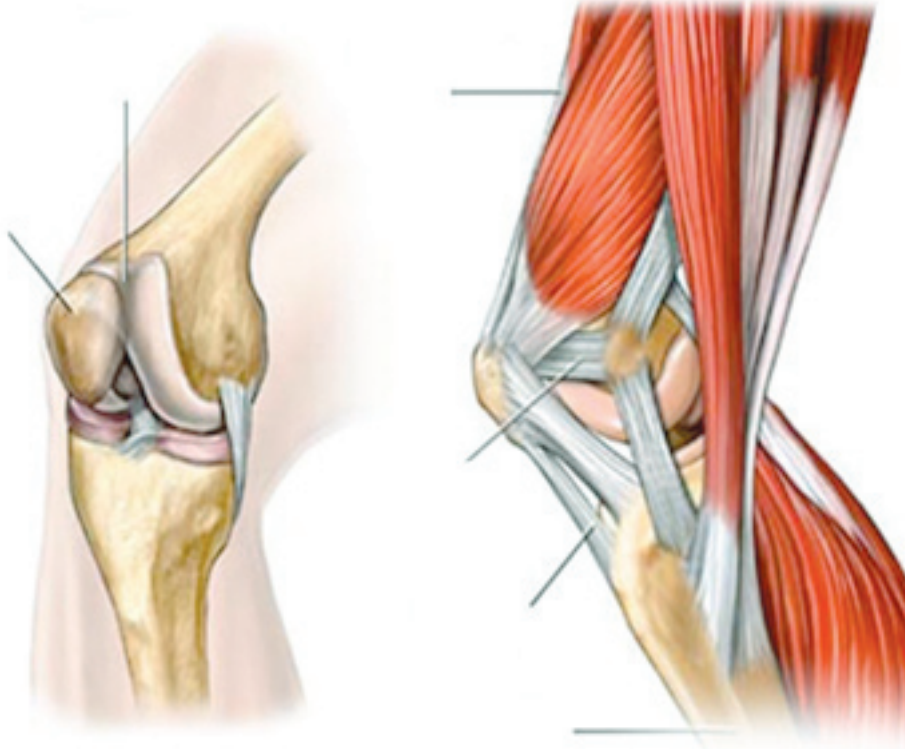
Synovial fluid:

Synovial Membrane:

Synovial Capsule:

Examples of **synovial joints** are

-



Ligaments attach _____ to _____ .

Tendons attach _____ to _____ .

Cartilage

The three types of cartilage are:

1 •

2 •

3 •