



## Chapter 14: Muscles, Bones, and Skin Study Guide

**Question 23 does not require an answer**

1. List the organizational system of organisms from cells to organisms - **cells, tissues, organs, organ systems**
2. Define: Bone, Ligament, Tendon, and Cartilage

**Bone** – complex living structures that undergo growth and development.

**Ligament** – strong connective tissue that hold bones together at joints.

**Tendon** – connective tissue that attaches muscle to bone.

**Cartilage** – connective tissue more flexible than bone.

3. Identify the 5 main functions of the skeletal system.

**Movement, protection, support, storage, & producing blood cells**

4. Differentiate between an immovable and movable joint. Immovable allow little or no movement like the bones of the skull. Movable joints allow the body to make a large range of movements.

5. Identify an example of an immovable joint. **skull**

6. Identify the 4 main types of movable joints, describe the action of each, and list an example of each joint.

**Hinge** – backward and forward – knee

**Ball and Socket** – greatest range in a circle – shoulder

**Pivot** – Rotate around another bone – neck

**Gliding Joint** – Sliding – wrist

7. List at least 4 characteristics of the muscular system.

- Muscles can contract
- Some are voluntary some are involuntary
- Exercise maintains strength and flexibility
- Allow movement of the body

8. Differentiate between a voluntary and involuntary muscle movement.

**Voluntary** – you consciously control

**Involuntary** – occur without your conscious control

9. Identify the muscle movement for each of the types of muscle.



# Muscles Study Guide Answer

**David G. Myers, Richard O. Straub**

## **Muscles Study Guide Answer:**

**Instructor's Manual and Study Guide Answers for the Human Body in Health and Disease** Barbara Janson Cohen,Memmler,1996 *Study Guide with Selected Solutions* Karen Timberlake,2002-08-06 Written by the author the Study Guide is keyed to the learning goals in the text and designed to promote active learning through a variety of exercises with answers and mastery exams Also contains complete solutions to odd numbered problems **Study Guide for the Board of Certification, Inc., Athletic Trainer Certification Examination** Susan Rozzi,Michelle Futrell,2019-10-24 A complete roadmap to success on the Board of Certification Athletic Trainer Certification Examination This popular study guide delivers everything students need to sit for the exam with confidence **Study Guide for Medical-Surgical Nursing - E-Book** Sharon L. Lewis,Susan A. Sandstrom,Linda Bucher,Mariann M. Harding,Margaret M. Heitkemper,Jeffrey Kwong,Dottie Roberts,2016-09-07 Prepare for success in the classroom Corresponding to the chapters in the 10th edition of Lewis market leading text Medical Surgical Nursing Assessment and Management of Clinical Problems this study guide offers a complete review of content and a wide range of activities to help you understand key nursing concepts Alternate item format questions reflect the most current NCLEX test plan And to make studying easier answers for all exercises are included in the back of the book A wide variety of clinically relevant exercises and activities including NCLEX examination style multiple choice questions prioritization and delegation questions and case studies help you learn the material Answers to all questions in the back of the book provide you with immediate feedback as you study Additional alternate item format questions prepare you for the most current NCLEX exam NEW Attractive four color design ties the study guide to the textbook **Study Guide and Review Manual of Basic Human Anatomy and Physiology** Maurice Henry Lindsay Gibson,1978 **E-book: Human Anatomy** Saladin,2016-04-16 E book Human Anatomy **Study Guide** Carlson,Mary Carlson,Neil R. Carlson,2003-07 Instructors download this supplement from Supplements Central today **Student Study Guide to Accompany Human Biology** Sylvia S. Mader,2003-08 This best selling text emphasizes the relationship between humans and other living things Intended for an introductory course this text provides students with a firm grasp of how their bodies function and how the human population can become more fully integrated into the biosphere An Online Learning Center tied directly to the text via icons will direct students to activities or animations that gives a visual example of difficult processes as well as Working Together boxes to emphasize homeostasis **Study Guide for Psychology in Everyday LIfe** David G. Myers,Richard O. Straub,2008-11-28 **Neumann's Kinesiology of the Musculoskeletal System - E-Book** Donald A. Neumann,2024-02-14 2025 Textbook and Academic Authors Association TAA Textbook Excellence Texty Award Winner Selected for Doody's Core Titles 2024 in Physical Therapy With a focus on the normal and abnormal mechanical interactions between the muscles and joints of the body Neumann's Kinesiology of the Musculoskeletal System 4th Edition provides a foundation for the practice of physical rehabilitation This comprehensive research based core text explores kinesiology as it relates to physical

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