



# 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.



# Skeletal Muscles Study Guide Answer Key

**Lingsheng Yao**



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