



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: The bones of your skeleton are alive. _____
2. What is the innermost part of the bone called?
 - a. periosteum
 - b. compact bone
 - c. cancellous bone
 - d. bone marrow
3. What are the 26 bones of the spine called? _____
4. Which bones protect your heart, lungs, and liver? _____
5. List three ways to take care of your bones:

6. The place where two bones meet is called a _____.
7. Name two types of moving joints:

8. Which of the following is NOT a type of muscle?
 - a. smooth muscle
 - b. rough muscle
 - c. cardiac muscle
 - d. skeletal muscle
9. Skeletal muscles are held to the bones with the help of _____.
10. Which of the following cushions and protects the bones where they meet?
 - a. ligaments
 - b. tendons
 - c. cartilage
 - d. muscle