



Quiz Answer Key

- Bones store calcium and release it into the bloodstream when other parts of the body need it.
- Ligaments are fibrous strands that connect bones together.
- Name the three types of muscles found in the body, and give a one-sentence description of what they do:
Skeletal: These muscles hold bones together, give the body its shape, and help move bones.
Smooth: These muscles aid in digestive process by moving food through digestive system, and they help regulate blood pressure.
Cardiac: These muscles help the heart beat and push blood through the heart.
- The flexor muscle helps to bend a limb at the joint.
- One example of the cartilaginous joints, which only move a little, is the:
 - jawbone
 - ribs
 - skull
 - shoulder
- Name the three types of freely moveable (or synovial) joints, how they move, and where they can be found in the body:
Hinge: move in one direction and are found in the knees, elbows, fingers, and toes
Pivot: allow for twisting and rotating and are found in the head
Ball-and-socket: allow for movement in almost any direction and can be found in the hip and shoulder
- Cartilage is a soft, rubbery matter in the joints that acts as a cushion between the bones.
- True or False: Osteomyelitis is an inflammation of the joints that causes difficulty in moving. T F
- True or False: Arthritis occurs only in older people, so children and teens don't have to worry about it. T F
- Name two ways that bones protect us:
The skull protects the brain, and the ribs protect the heart, lungs, liver, and other internal organs.