

Bones and Joints worksheet

The main functions of bone are:

- 1
- 2
- 3
- 4
- 5

The Axial Skeleton consists of:

- 1
- 2

The Pectoral or Shoulder girdle consists of which bones?

- 1
- 2
- 3

The three bones fused together that form the Pelvis are:

- 1
- 2
- 3

The part of the spine that joins the two halves of the Pelvis is the _____ or _____ vertebrae. This is known as the _____ joint.

Excessive curvature of the thoracic region of the spine is known as _____. Excessive curvature of the lumbar region is called _____.

2 YMCA Awards/Park Centre Level2 Mandatory Units

What are two main functions of the nucleus of inter-vertebral discs of the spine? (*hard!*)

1

2

The four types (think of shape or size) of bone are:

1

2

3

4

What are the three basic joint types?

1 _____ (fibrous)

2 _____ (cartilaginous)

3 _____ (synovial)

Name the six types of synovial joint, and give an example of each:

1

2

3

4

5

6

What actions are possible at the elbow joint?

1 _____ (humerus and ulna)

2 _____ (radius and ulna)

Which two bones meet at the shoulder to form the gleno-humeral joint?

1

2

What movements can occur at the thoracic section of the spine? You may list up to five.

Give a description of the following:

Anterior means _____

Inferior means _____

Medial means _____

Distal means _____

Superficial means _____

Lateral means _____

Synovial joints are made up of:

1 _____ (sleeve-like capsule)

2 _____ (inner lining of capsule, secretes synovial fluid)

3 _____ (give joints stability)

4 _____ (buffer where bones meet)

5 _____ (outer lining of bone)