

## The Musculoskeletal system and Levers

Chapter:9

Lesson:1

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Commented [1]: Very Good Work!

1. Identify the type of joint used in each of the following activities.

Raise your arm: Pivot Joint

Pivot Joint only allow bones to rotate

Kneel: Hinge Joint

Hinge Joint only allow bones to move back and forth , like the hinges of a door.

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2. Locate where is the saddle joint in the human body? Your thumb has a saddle joint. In a saddle joint, the bones at both ends are shaped like saddles. The only saddle joint in your body is your thumb joint.

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3. Define what is an immovable joint? An immovable joint is two bones held firmly together. An immovable joint allows very little or no movement. Your skull contains immovable joints.

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4. What is the difference between an involuntary muscle and a voluntary muscle?

A voluntary muscle is a muscle that you are able to control, such as your arm or leg.

An involuntary muscle is one that you can not control by thinking about it, such as your stomach or heart. Involuntary muscles work all day, every day.

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5. Name the three types of connecting tissues.

1. Tendons

2. Ligaments

3. Cartilage

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6. What is the difference between flexion and extension?

Flexion is the bending of a limb that decreases the angle between the bones of the limb.

Extension is the straightening of a limb that increases the angle between the bones of the limb. Muscles can contract but they cannot actively lengthen. Opposing muscle groups work together to cause extension.

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