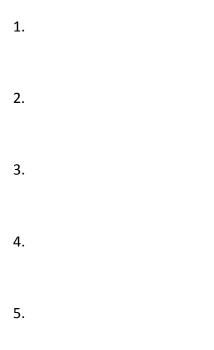
# Chapter 11 Guided Notes

#### 11.1 The Skeletal System

## 5 Functions of the Skeletal System



## Bones and Joints

Your body is made up of just over \_\_\_\_\_ bones!!!

Your bones are living structures that undergo change throughout life. <u>Cartilage</u> is \_\_\_\_\_\_

By adulthood, most cartilage is replace by bone in a process called \_\_\_\_\_\_

which is when minerals are deposited in the developing bone, making it hard.

The 2 types of tissue in bones are _	bone and	bone.
Another type of tissue called	fills in the spaces in bones.	Red marrow
makes	and yellow marrow	································

<u>Joint</u> -

One type of joint that allows no movement, called \_\_\_\_\_\_ joints are found in your \_\_\_\_\_\_. The four types of movable joints are: • \_\_\_\_\_\_found in \_\_\_\_\_\_ • \_\_\_\_\_found in \_\_\_\_\_\_ • \_\_\_\_\_found in \_\_\_\_\_\_

Strong, fibrous bands that hold bones together are called \_\_\_\_\_\_ and are found at the joints where bones meet.

## Keeping Your Bones Healthy

## **Eating Well**

Adequate intake of \_\_\_\_\_\_ and \_\_\_\_\_ can help bones grow strong. Having enough of these stored minerals can significantly decrease the risk of **osteoporosis**, a condition where \_\_\_\_\_\_

### Exercising

Weight bearing activities help your bones grow strong and dense. Some examples are: \_\_\_\_\_

### **Avoiding Bone and Joint Injuries**

A \_\_\_\_\_\_ is a break in a bone. A \_\_\_\_\_\_ fracture is when the bone is cracked or completely broken. A \_\_\_\_\_\_ fracture is where the bone pierces the skin.

A sprain is an	·
In a	_ the ends of the bones in a joint are forced out of
their normal positions.	
Torn cartilage is	
When an activity is performed too often	or too strenuously, joints may become irritated or
, ,	The two most
common of these injuries in teens occur	

#### 11.2 Muscular System

What is the difference between **involuntary** muscles and **voluntary** muscles? Give one example of each type of muscle.

What is smooth muscle? Where is it found?

What is cardiac muscle? Where is it found?

What is skeletal muscle? Where is it found?

Define <u>tendon</u>:

<u>Muscle tone</u> is when small muscle contractions firm and tense the muscles just enough to tone the muscle. <u>Atrophy</u> is:

In one sentence, how can you maintain a healthy muscular system?

Describe:

<u>Strains –</u>

<u>Tendonitis –</u>