

Chapter 11 Guided Notes

11.1 The Skeletal System

5 Functions of the Skeletal System

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Bones and Joints

Your body is made up of just over _____ bones!!!

Your bones are living structures that undergo change throughout life. **Cartilage** is _____
_____.

By adulthood, most cartilage is replaced 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 _____.

Joint -

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 _____
- _____ 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 inflamed. These are called _____. The two most common of these injuries in teens occur to the _____ or _____.

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 **tendon**:

Muscle tone is when small muscle contractions firm and tense the muscles just enough to tone the muscle. **Atrophy** is:

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

Describe:

Strains –

Tendonitis –