

Assessment

Bones and Joints

Name _____

Matching

- | | |
|---------------------------------|--|
| _____ 1. Ellipsoid Joints | A. Connect bones without allowing any movement. The bones of your skull and pelvis are held together by these joints. |
| _____ 2. Saddle Joints | B. Allow movement back and forth and up and down. |
| _____ 3. Synovial Joints | C. The joint of the wrist. |
| _____ 4. Ball and Socket Joints | D. Allows extension and retraction of an appendage. |
| _____ 5. Hinge Joints | E. Bones slide past each other. |
| _____ 6. Cartilaginous Joints | F. Allow rotation around an axis. The neck and forearms have this type of joint. |
| _____ 7. Pivot Joints | G. Allow for radical movement in almost any direction. |
| _____ 8. Gliding Joints | H. Joints in which the bones are attached by cartilage and allow only a little movement. |
| _____ 9. Fibrous Joints | I. Joints that allow for some movement. Cavities between bones in this joint is filled with fluid to help lubricate. |

Fill In

10. Vitamin _____ helps build bones.
11. The mineral that helps keep bones strong. _____
12. Definition of "Joints of the Body" _____

13. The Vertebral Column is made up of _____ specialized vertebrae.
14. Name the seven Body Systems Involved in Exercise:
- _____
- _____
- _____

Assessment

Bones and Joints

Name _____ Key _____

Matching

- | | |
|------------------------------------|---|
| <u>C</u> 1. Ellipsoid Joints | A. Connect bones without allowing any movement. The bones of your skull and pelvis are held together by these joints. |
| <u>B</u> 2. Saddle Joints | B. Allow movement back and forth and up and down. |
| <u>I</u> 3. Synovial Joints | C. The joint of the wrist. |
| <u>G</u> 4. Ball and Socket Joints | D. Allows extension and retraction of an appendage. |
| <u>D</u> 5. Hinge Joints | E. Bones slide past each other. |
| <u>H</u> 6. Cartilaginous Joints | F. Allow rotation around an axis. The neck and forearms have this type of joint. |
| <u>F</u> 7. Pivot Joints | G. Allow for radical movement in almost any direction. |
| <u>E</u> 8. Gliding Joints | H. Joints in which the bones are attached by cartilage and allow only a little movement. |
| <u>A</u> 9. Fibrous Joints | I. Joints that allow for some movement. Cavities between bones in this joint is filled with fluid to help lubricate. |

Fill In

10. Vitamin D helps build bones.
11. The mineral that helps keep bones strong. Calcium
12. Definition of “Joints of the Body” A place where two or more bones meet
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13. The Vertebral Column is made up of 33 specialized vertebrae.
14. Name the seven Body Systems Involved in Exercise:
- | | | |
|--------------------|--------------------|-----------------|
| <u>Circulatory</u> | <u>Digestive</u> | <u>Muscular</u> |
| <u>Hormonal</u> | <u>Respiratory</u> | <u>Skeletal</u> |
| <u>Nervous</u> | | |