

Skeletal And Bones

1. Protection The cranium protects the soft tissue of the brain.

2. Movement

The vertebrae allow us to bend, stretch and rotate our body.

3. Blood Production Red blood cells are made in the ribs and limb bones.

4. Support
The bones of the legs
support the body.

Functions of the Skeleton

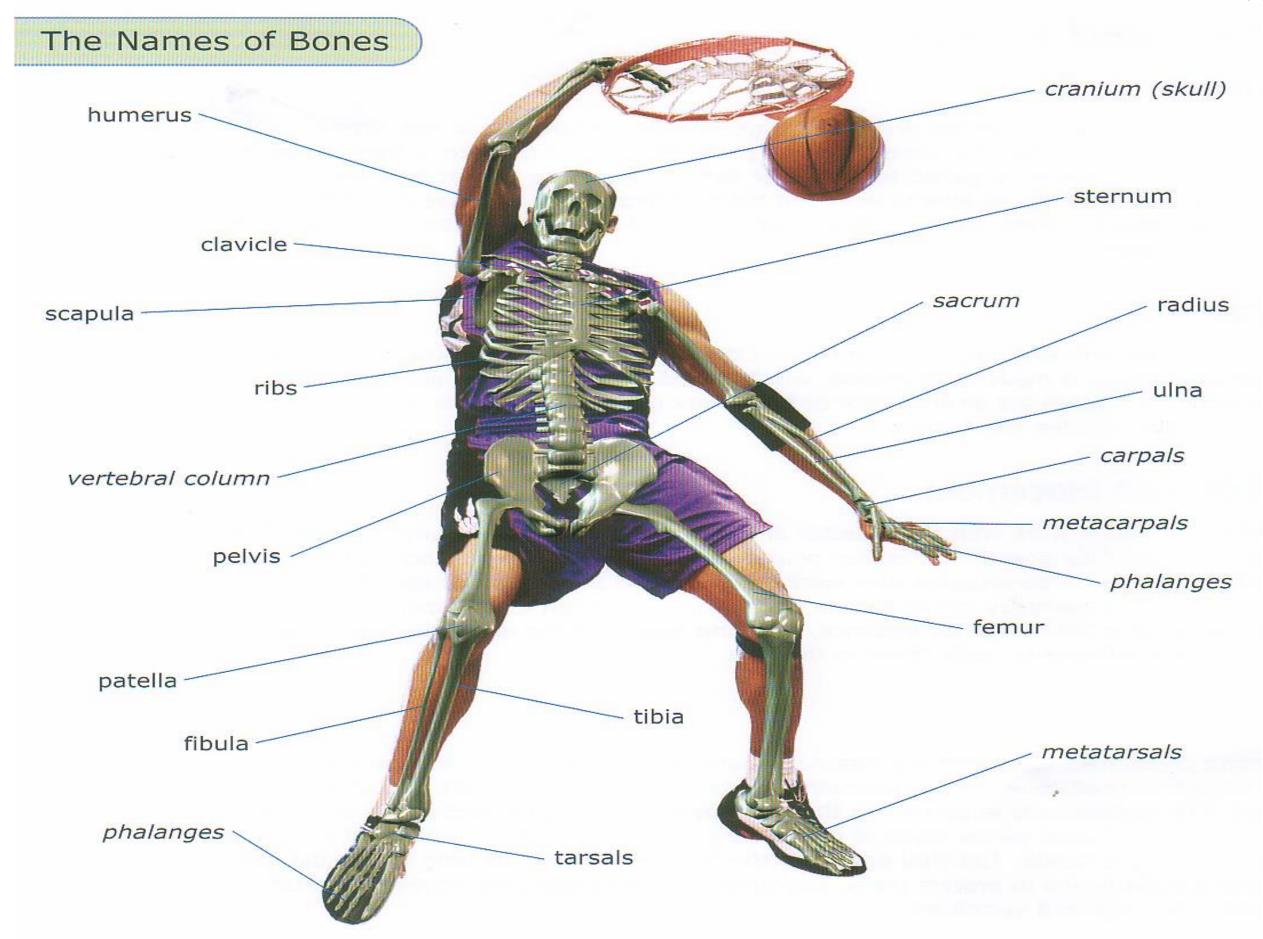
5. Support
The vertebrae
support the head.

6. Protection
The rib cage
protects the
delicate heart
and lungs.

7. Movement

The bones and joints work with muscles to enable us to walk, run and sprint

CACC Training Aid 43-P-8 Last Modified 1 Mar 08

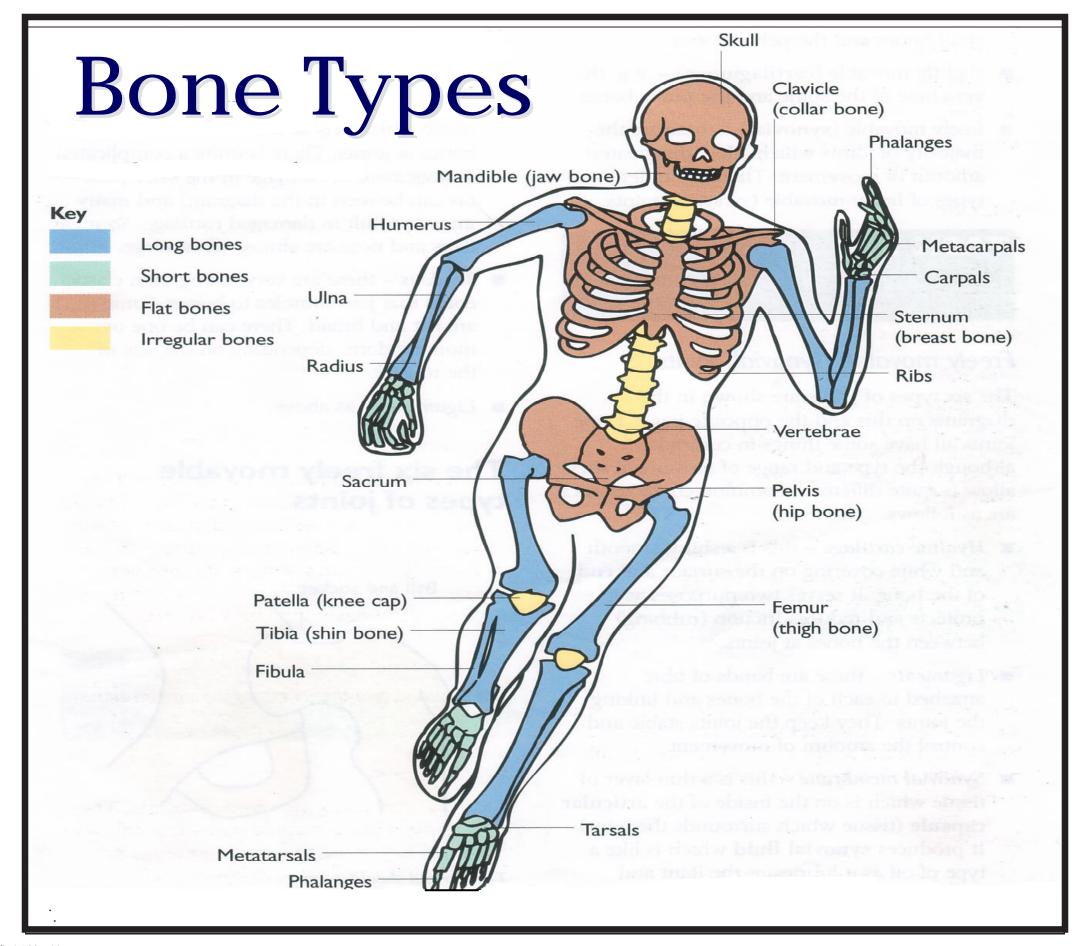


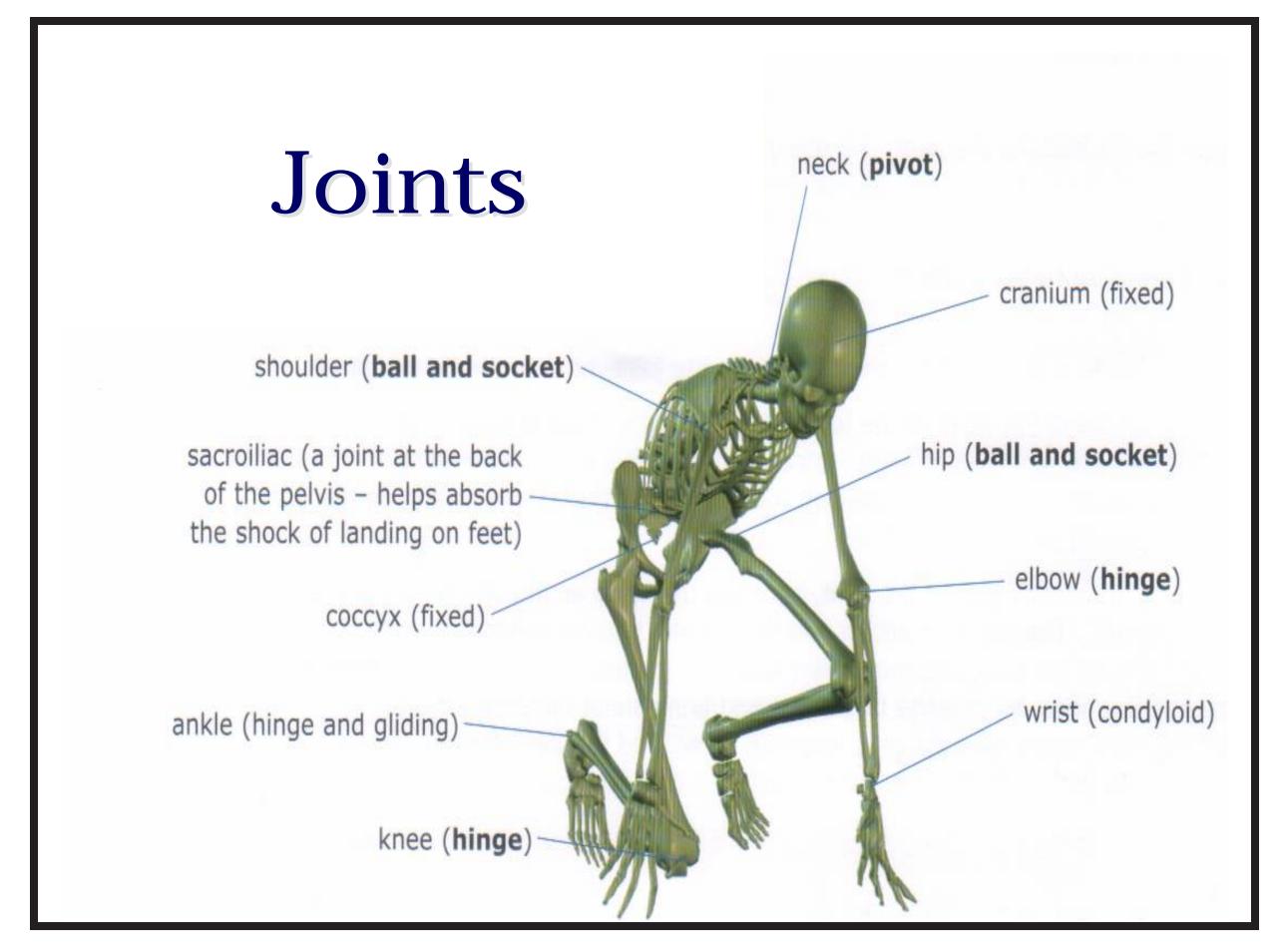
Bone Types

1. Flat Bones (Protection)

2. Irregular Bones(Protection)

- 3. Long Bones (Levers)
- 4. Short Bones





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