

Name _____

Bones, Muscles & Skin Test

For problems 1-10, match the description in the first column with the term in the second column by writing the correct letter in the space provided. Some items in the second column may not be used.

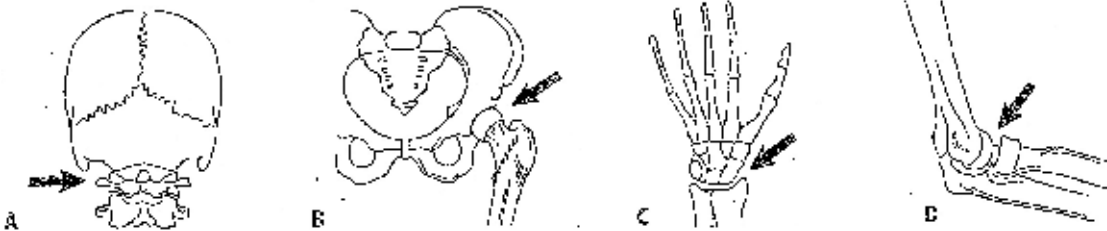
- | | |
|--|------------------------|
| ___ 1. any place where two or more bones meet | a. dermis |
| ___ 2. tough outer covering of bones | b. epidermis |
| ___ 3. substance in center of bones that makes blood cells | c. involuntary muscles |
| ___ 4. thick bands of tissue that attach muscles to bones | d. joint |
| ___ 5. tough bands of tissue that hold bones together | e. ligament(s) |
| ___ 6. organ that relaxes and contracts | f. marrow |
| ___ 7. the middle layer of skin | g. melanin |
| ___ 8. any muscles that are not consciously controlled | h. muscle |
| ___ 9. involuntary muscles of the digestive system | i. periosteum |
| ___ 10. the outermost layer of skin | j. skeletal muscles |
| | k. smooth muscles |
| | l. tendon(s) |
| | m. voluntary muscles |

For problems 11-24, write the letter of the term or phrase that best completes the sentence.

- ___ 11. The human skeleton has _____ bones of various sizes and shapes.
a. 106 b. 156 c. 206 d. 256
- ___ 12. _____ make bone hard.
a. Carbohydrates b. Minerals c. Proteins d. Fats
- ___ 13. The hard, strong layer of bone is called _____.
a. bone marrow b. cartilage c. compact bone d. periosteum
- ___ 14. One function of spongy bone is to _____.
a. produce red blood cells c. produce periosteum
b. store minerals d. make the bone lightweight

- ___15. The smooth, flexible layer of tissue covering the ends of bone is _____.
 a. cartilage b. compact bone c. periosteum d. spongy bone
- ___16. The joints of the bones of the skull and pelvis are classified as _____ joints.
 a. ball-and-socket b. gliding c. hinge d. immovable
- ___17. _____ joints are the most frequently used joints in your body.
 a. Ball-and-socket b. Gliding c. Immovable d. Pivot
- ___18. _____ is important in joints because it acts as a shock absorber.
 a. Cartilage b. Bone marrow c. Melanin d. Spongy bone
- ___19. The human body has about _____ muscles.
 a. 350 b. 915 c. 206 d. 600
- ___20. Most muscles in the body are _____ muscles.
 a. cardiac b. involuntary c. skeletal d. smooth
- ___21. All of the following are true of cardiac muscle EXCEPT that it _____.
 a. is found in the heart c. has striations
 b. contracts about 30 times a minute d. is involuntary
- ___22. _____ is the chemical that gives skin its color.
 a. Melanin b. Phosphorus c. Sodium Chloride d. Urea
- ___23. There are about _____ sweat glands in the skin.
 a. 3,000 b. 30,000 c. 300,000 d. 3,000,000
- ___24. Vitamin D helps the body absorb _____.
 a. calcium b. glucose c. oxygen d. Water

25. Name each type of joint shown in the following diagrams, and give a possible location for each.



	Type	Location
A	pivot	
B		
C	gliding	
D		

26. Outline the following entries using **Epidermis**, **Dermis**, and **Fatty Layer** as main topics and **nerves**, **fat deposits**, **pigment**, **blood vessels**, **sweat glands**, and **dead cells** as subtopics.

- I. _____
 - a. _____
 - b. _____
- II. _____
 - a. _____
 - b. _____
 - c. _____
- III. _____
 - a. _____

27. Put the steps of regulating body temperature in the correct order:

- ___ Blood flow increases.
- ___ Blood vessels dilate.
- ___ The body releases heat.

28. List the five major functions of the skeletal system:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

29. List the five major functions of skin:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

30. What is your deltoid muscle used for?

31. If a bird tore a tendon in its wing, would it still be able to fly? Why or why not?

32. a) Name a muscle that never gets tired: _____

b) Name a muscle that can sometimes get tired: _____

Define the following terms:

33. Cross-Section

34. Melanin

35. Why did soaking the chicken bones in vinegar make them soft and bendy?
