**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Core:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skeletal System Note Outline Packet**

**5 Main Functions**

1.

2.

3.

4.

5.

**2 main parts of skeletal system**

1. Axial -

2. Appendicular -

**Parts of a Bone**

Compact Bone –

Spongy Bone –

Marrow –

**Types of Bones**

1. Long Bones

Ex -

2. Short Bones

Ex -

3. Flat bones

Ex -

4. Irregular Bones

Ex –

5. Sesamoid Bones

Ex –

**Types of Joints**

Joint -

1. Ball and Socket Joint -

Example –

2. Hinge Joint -

Example -

3. Gliding Joint –

Example –

4. Fixed Joint –

Example –

**Types of Connective Tissue**

1. Cartilage –

-

-

-

2. Ligament –

**Problems of Skeletal System**

1. Fracture –

2. Sprain –

3. Osteoporosis –

Caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weight training and physical activity help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bone mass

4. Scoliosis –

- Depending on how serious, can be treated by light \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a special \_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Arthritis –

6. Carpal tunnel syndrome –

- Caused by normal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – typing, writing, etc.

**Keeping Skeletal System Healthy**

1. Consume \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

-

2. Participate in regular \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-

-

3. Wear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Helmets, pads with contact sports, etc.

4. Keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ clean!!

-

**Did You Know?**

There are over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bones in an infant, but only \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bones in an adult. Bones aren’t “lost” but some \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ together.