The Skeletal System

- 1. List the 3 main bones in
 - a) The leg
 - b) The arm
- 2. What makes up the appendicular skeleton?
- 3. What is the difference between kyphosis and scoliosis?

4. List and explain 4 functions of the skeleton.

5. How do osteoblasts and osteoclasts differ?

- 6. List 3 types of joint.
- 7. Which joint allows the greatest movement?

- 8. Give example sports when the following type of movement is used.
 - a) Extension
 - b) Plantar flexion
 - c) Abduction
- 9. What is osteoporosis?
- **10.** Name 2 adaptions to the skeletal system to long term exercise.