Quiz Answer Key

1. Bones store ________ calcium ______ and release it into the bloodstream when other parts of the body need it.

2. ________ Ligaments ________ are fibrous strands that connect bones.

3. Name the three types of muscles found in the body, and give a one-sentence description of what they do:
   - **Skeletal**: These muscles hold bones together, give the body its shape, and help move bones.
   - **Smooth**: These muscles aid in the digestive process by moving food through the digestive system, and they help regulate blood pressure. **Cardiac**: These muscles help the heart beat and push blood through the heart.

4. The ________ flexor ________ muscle helps to bend a limb at the joint.

5. One example of the cartilaginous joints, which only move a little, is the:
   a. jawbone
   b. ribs
   c. skull
   d. shoulder

6. Name the three types of freely moveable (or synovial) joints, how they move, and where they can be found in the body:
   - **Hinge**: move in one direction and are found in the knees, elbows, fingers, and toes
   - **Pivot**: allow for twisting and rotating and are found in the head
   - **Ball-and-socket**: allow for movement in almost any direction and can be found in the hip and shoulder

7. ________ Cartilage ________ is a soft, rubbery matter in the joints that acts as a cushion between the bones.

8. True or False: Osteomyelitis is an inflammation of the joints that causes difficulty in moving. T  F

9. True or False: Arthritis occurs only in older people, so children and teens don’t have to worry about it. T  F

10. Name two ways that bones protect us:
    - The skull protects the brain, and the ribs protect the heart, lungs, liver, and other internal organs.