

Name _____

Skeletal and Muscular Exam Review Sheet

1. How many bones are there in the adult skeleton?
2. What are the five functions of the skeletal system?
3. Which bones are in the axial skeleton?
4. Which bones are in the appendicular skeleton?
5. What is spongy bone?
6. What is compact bone?
7. What are the two types of bone marrow?
8. What does red bone marrow produce?
9. Which type of joint is found in your shoulder?
10. Which type of joint is found in your knees and elbows?
11. Which type of joint is in your wrists and ankles?
12. Which type of joint is in your neck (vertebrae)?
13. What type of joint connects the bones in the skull?
14. What are ligaments?
15. How many muscles are in the human body?
16. What are the three types of muscles?
17. What is the difference between voluntary and involuntary muscle?
18. Which two types of muscles are involuntary?
19. Which type is voluntary?
20. What type of muscle is the heart made of?
21. What are the two types of muscle fibers?
22. Which muscle fibers would you depend on to run a marathon?
23. Which muscle fibers would you depend on run a short, fast sprint?
24. What energy source do your muscles usually use to contract?
25. What are tendons?