

Standard Grade Biology

The Body in Action

1. Movement.

Checklist Grade

At the end of this topic you should be able to:

- | | | |
|---|--------------------------|---------|
| (a) state that for physical activity the body requires support, a means of movement, energy and coordination. | <input type="checkbox"/> | General |
| (b) state that the skeleton provides a framework for support and muscle attachment. | <input type="checkbox"/> | General |
| (c) describe the range of movements allowed by a ball and socket and a hinge joint. | <input type="checkbox"/> | General |
| (d) state that joints are held together by ligaments. | <input type="checkbox"/> | General |
| (e) state the function of cartilage at a joint. | <input type="checkbox"/> | General |
| (f) describe the structure of a synovial joint and state the function of its parts. | <input type="checkbox"/> | Credit |
| (g) state that bone is composed of flexible fibres and hard minerals. | <input type="checkbox"/> | General |
| (h) state that bone is formed by living cells. | <input type="checkbox"/> | General |
| (i) state that muscles are attached to bones by tendons. | <input type="checkbox"/> | General |
| (j) explain why tendons are inelastic. | <input type="checkbox"/> | Credit |
| (k) describe how movement is brought about by muscle contraction. | <input type="checkbox"/> | General |
| (l) explain the need for a pair of opposing muscles at a joint. | <input type="checkbox"/> | General |
| (m) state that strenuous activity can create extra strains on joint and muscles. | <input type="checkbox"/> | General |
| (n) give examples of joints or muscles which are most likely to get injured. | <input type="checkbox"/> | General |

Homework

End of Topic Test