Nova’s Science Flashcards: Skeletons and Muscles

Learning objective: To identify and describe the functions of the human skeletal system and how muscles work in pairs to create movement.

Use these flashcards to test your knowledge of how our bodies move and stay supported. You can work with a partner to quiz each other!

What are the three main functions of the human skeleton?	Support, protection of vital organs, and movement.
What is a joint?	A place where two or more bones meet, which allows the body to move.
What do we call the strong, flexible cords that attach muscles to bones?	Tendons.
How do muscles work to move a limb?	Muscles work in pairs; one muscle contracts (shortens) while the other relaxes (lengthens).
What is the scientific term for the 'antagonistic' pair of muscles in the upper arm?	Biceps and triceps.
Which part of the skeleton protects the brain?	The cranium (or skull).
True or False: Muscles can push bones away from each other.	False. Muscles can only pull; they cannot push.
What is the name of the longest and strongest bone in the human body?	The femur (thigh bone).
What is the role of the ribcage?	To protect the heart and lungs.
What substance is found at the ends of bones to prevent them from rubbing together?	Cartilage.
What is the purpose of the marrow found inside some bones?	To produce red and white blood cells.
If you wanted to lift your forearm, which muscle would contract?	The biceps.