



# Chapter 14: Muscles, Bones, and Skin Study Guide

Question 23 does not require an answer

1. List the organizational system of organisms from cells to organisms - **cells, tissues, organs, organ systems**
2. Define: Bone, Ligament, Tendon, and Cartilage

**Bone** – complex living structures that undergo growth and development.

**Ligament** – strong connective tissue that hold bones together at joints.

**Tendon** – connective tissue that attaches muscle to bone.

**Cartilage** – connective tissue more flexible than bone.

3. Identify the 5 main functions of the skeletal system.

**Movement, protection, support, storage, & producing blood cells**

4. Differentiate between an immovable and movable joint. **Immovable allow little or no movement like the bones of the skull. Movable joints allow the body to make a large range of movements.**
5. Identify an example of an immovable joint. **skull**
6. Identify the 4 main types of movable joints, describe the action of each, and list an example of each joint.  
**Hinge** – backward and forward – knee  
**Ball and Socket** – greatest range in a circle – shoulder  
**Pivot** – Rotate around another bone – neck  
**Gliding Joint** – Sliding - wrist

7. List at least 4 characteristics of the muscular system.

- **Muscles can contract**
- **Some are voluntary some are involuntary**
- **Exercise maintains strength and flexibility**
- **Allow movement of the body**

8. Differentiate between a voluntary and involuntary muscle movement.

**Voluntary** – you consciously control

**Involuntary** – occur without your conscious control

9. Identify the muscle movement for each of the types of muscle.



# **Muscle Study Guide With Answers**

**Lois A Ball**



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**An Illustrated Atlas of the Skeletal Muscles: Study Guide and Workbook** Bradley S. Bowden, Joan M. Bowden, 2012-01-01 The Study Guide and Workbook provides a significant review and reinforcement tool to aid students in mastering their knowledge of the human skeleton articulations body motions and the innervations and actions of individual and functional groups of muscles Designed to accompany An Illustrated Atlas of the Skeletal Muscles 3rd edition by Bowden Bowden as an additional study tool it also provides all health professions and life science students an effective self study guide on these topics **NASM Essentials of Personal Fitness Training**, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions *Study Guide for the Board of Certification, Inc., Athletic Trainer Certification Examination* Susan Rozzi, Michelle Futrell, 2019-10-24 A complete roadmap to success on the Board of Certification Athletic Trainer Certification Examination This popular study guide delivers everything students need to sit for the exam with confidence **NHA CCMA Study Guide 2025-2026** Brielle Morgan, 2025-09-09 Master the CCMA Exam with Confidence The Most Comprehensive NHA CCMA Study Guide for 2025 2026 Your All in One Solution for Passing the Certified Clinical Medical Assistant Exam Complete CCMA Review System Over 750 Practice Questions Includes 5 Full Length Practice Exams Thorough up to date CCMA content review aligned with the 2025 2026 NHA outline 5 Full Length Exams 150 questions each to simulate the real testing experience More than 750 rigorous practice questions with clear and detailed explanations A Smarter Way to Prepare Stop jumping from source to source This guide compiles everything you need to succeed organized efficient and trusted by future CMAs Whether you re just starting out or need a retake ready tool this study guide will walk you through each phase of preparation with confidence What s Inside SECTION I Core CCMA Content Review Foundational Knowledge Basic Science Anatomy Physiology by Body Systems Clinical Patient Care Procedures EKG Injections Emergencies etc Patient Care Coordination Education Administrative Assisting Office Procedures Communication Professionalism and Ethics Medical Law Confidentiality and Scope of Practice SECTION II Study Aids Quick Reference Tools Lab Values Cheat Sheets Injection Site Angle Charts ECG Waveform Interpretation Guides Dosage Calculation Tips Emergency Protocols Printable Study Worksheets More SECTION III Topic Based Practice Sets with Answers Practice makes perfect and these 100% original question sets help reinforce your weakest areas with detailed explanations for every answer SECTION IV Five Full Length Mock Exams Each 150 question test

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*Study Guide to Accompany Drug Therapy in Nursing* Diane S. Aschenbrenner, Samantha J. Venable, 2005. The perfect companion to *Drug Therapy in Nursing*, Second Edition, this invaluable study partner delivers guidance on individual patient management from a nurse as caregiver perspective, helping you build essential knowledge and develop sound practice skills. Knowledge-building features include Top Ten Things to Know lists, key terms, multiple-choice questions, case studies, and critical thinking challenges. A Just the Facts feature helps deepen your understanding of essential drugs, their actions, indications, contraindications, and cautions. A Patients Please feature helps you put the needs of the patient first with facts on core patient variables.

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