**Assignment 1: The skeletal system and joints of the body**

Complete the following assignment tasks. You can present the information as an information booklet, Power Point, leaflets etc.

**Use Google Classroom to help you. Code: qj1888**

**Tasks:**
1. Complete a clearly labelled diagram – identify the bones of the axial and appendicular skeleton.

2. Describe and explain the functions of the axial and appendicular skeleton.

3. Describe and explain with examples the different types of bones and their function.

4. Explain the location of each bone and its function. Use the correct anatomical terms (anterior, posterior, lateral etc).

5. Complete a diagram to describe bone structure. (What is a bone made up of?)

6. Describe the different classification of joints and provide diagrams of each • fixed/fused (e.g. cranium, pelvis) • slightly movable/cartilaginous (e.g. adjacent vertebrae) • freely movable/synovial.

7. Provide a labelled diagram to show the structure of a synovial joint.

8. Describe the function of cartilage, ligaments, synovial fluid and synovial membrane.

9. Diagram and explanation of each of the 6 synovial joints.
• Name (type)
• Structure (including a diagram)
• Function/s
• Movement potential
• Main place/s in the body

10. Produce a diagram and explanation of the structure and function of the vertebral column.

11. Explain the joint movements.

E.g adduction and abduction at the shoulder.

 *• flexion and extension • lateral flexion • abduction and adduction • horizontal abduction and adduction • medial and lateral rotation • circumduction • pronation and supination • dorsi flexion and plantar flexion*.

12. Evaluate the short and long term effects of physical activity, training and lifestyle on the **skeletal system?**i.e. • short-term effects • long-term effects
• effects of warm ups and cool downs