**Topic 1 Review**

**The Skeletal System**

**Distinguish anatomically between the axial and appendicular skeleton.**

* Axial Skeleton – skull, ribs, sternum, and vertebral column (Cervical – 7 bones, Thoracic – 12 bones, Lumbar – 5 bones, Sacral – 5 bones fused as 1, and coccyx – 4 bones fused as 1)
* Appendicular Skeleton – pectoral girdle (scapula and clavicles), humerus, radius, ulna, carpals, metacarpals, phalanges, pelvic girdle (ilium, ischium, and pubis), femur, patella, tibia, fibula, tarsals, metatarsals and phalanges)

**Distinguish between the axial and appendicular skeleton in terms of function.**

* Anatomical functions attachment
* Protection
* Movement
* Support

**State the four types of bone.**

**Draw and annotate the structure of a long bone.**

* Epiphysis, spongy bone, articular cartilage, diaphysis, compact bone, bone marrow, marrow cavity, blood vessel, and periosteum

**Apply anatomical terminology to the location of bones (Limit to bones listed in axial skeleton and assume anatomical position).**

* Inferior/Superior
* Proximal/Distal
* Medial/Lateral
* Posterior/Anterior

**Outline the functions of connective tissue.**

* Cartilage
* Ligament
* Tendon

**Define the term joint.**

**Distinguish between the different types of joint in relation to movement permitted.**

* Fibrous
* Cartilaginous
* Synovial Joints

**Outline the features of a synovial joint.**

* Articular Cartilage
* Synovial Membrane
* Synovial Fluid
* Bursae
* Meniscus
* Ligaments
* Articular Cartilage

**List the different types of synovial joints.**

* Hinge
* Ball and Socket
* Condyloid
* Pivot
* Gliding
* Saddle

**The Muscular System**

**Outline the general characteristics common to muscle tissue.**

* Contractility
* Extensibility
* Elasticity
* Atrophy
* Hypertrophy
* Controlled by nerve stimuli
* Fed by capillaries

**Distinguish between the different types of muscle.**

* Smooth
* Cardiac
* Skeletal

**Annotate the structure of skeletal muscle.**

* Epimysium
* Perimysium
* Endomysium
* Muscle fibre
* Myofibril
* Sarcomere
* Actin
* Myosin

**Define the terms origin and insertion of muscles.**

**Identify the location of skeletal muscles in various regions of the body.**

* Anterior – Deltoid, pectoralis, iliopsoas, Sartorius, quadriceps femoris (rectus femoris, vastus intermedialis, vastus medialis, vastus lateralis), tibialis anterior, abdominus rectus, external obliques and biceps brachii
* Posterior – Trapezius, triceps brachii, latissimus dorsi, gluteus maximus, hamstrings (biceps femoris, semitendinosus, semimembranosus), gastrocnemius, soleus, erector spinae