

Muscular and Skeletal Systems Vocabulary

direct evidence	evidence you collect yourself
indirect evidence	evidence that you do not collect yourself, but rely on evidence collected by others
fitness	state of being healthy
ball/socket joint	joint that allows twisting and turning movements; example: hip joint
bones	forms the substance of a skeleton, support the body
cartilage	flexible connective tissue
cranium	skull
femur	longest, largest, and strongest bone in the human body; located in the leg
fracture	to break or crack
framework	supports, i.e. human skeleton
gliding joint	joint that allows to flat bones to slide over each other; example: foot, wrist
hinge joint	joint that allows movement in a certain spot, like the opening and closing of a door; example: elbow, knee, ankle
humerus	long bone in arm extending from the shoulder to the elbow
immovable	not able to be moved
joints	place where two parts are joined or united to allow motion
mandible	jaw bone
patella	flat moveable bone in the front of the knee, also known as the knee bone
pelvis	funnel-shaped, part of skeleton supporting lower limbs

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phalanges	bones that make up the fingers or feet
radius	bone of forearm on the thumb side
ribs	bones that support and protect organs such as the lungs
scapula	shoulder blade
skeleton	framework that support the body
skull	head bone
spine	backbone
sternum	breastbone
tarsals	bones in the feet
tibia	shinbone
torso	upper part of the body
ulna	forearm bone, located on the side opposite the thumb
vertebrae	bones in the spine
bicep	muscle at the front of the upper arm
cardiac muscle	type of muscle in the heart
contract	to draw together
endurance	ability or strength to continue or last without becoming tired
exertion	activity of using your muscles in various ways to keep fit
extend	to increase in length
flex	to bend
involuntary	muscle controlled without thinking about it (pumping heart)

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ligaments	tissues that connect bones, hold organs in place
muscles	tissues that cause motion in the body when contracted
musculoskeletal	muscular and skeletal systems
resistance	Exercise that involves working your muscles against free weights or your body's own weight (walking, running, push ups)
skeletal muscle	muscle connected at either end with a bone
smooth muscle	found in the walls of internal organs, blood vessels, hair follicles
tendons	connects muscle to bone
tricep	muscle located at the back of the upper arm
voluntary	muscle whose action is controlled by the person (example: lifting an arm)
atrophy	to waste away or decrease in size