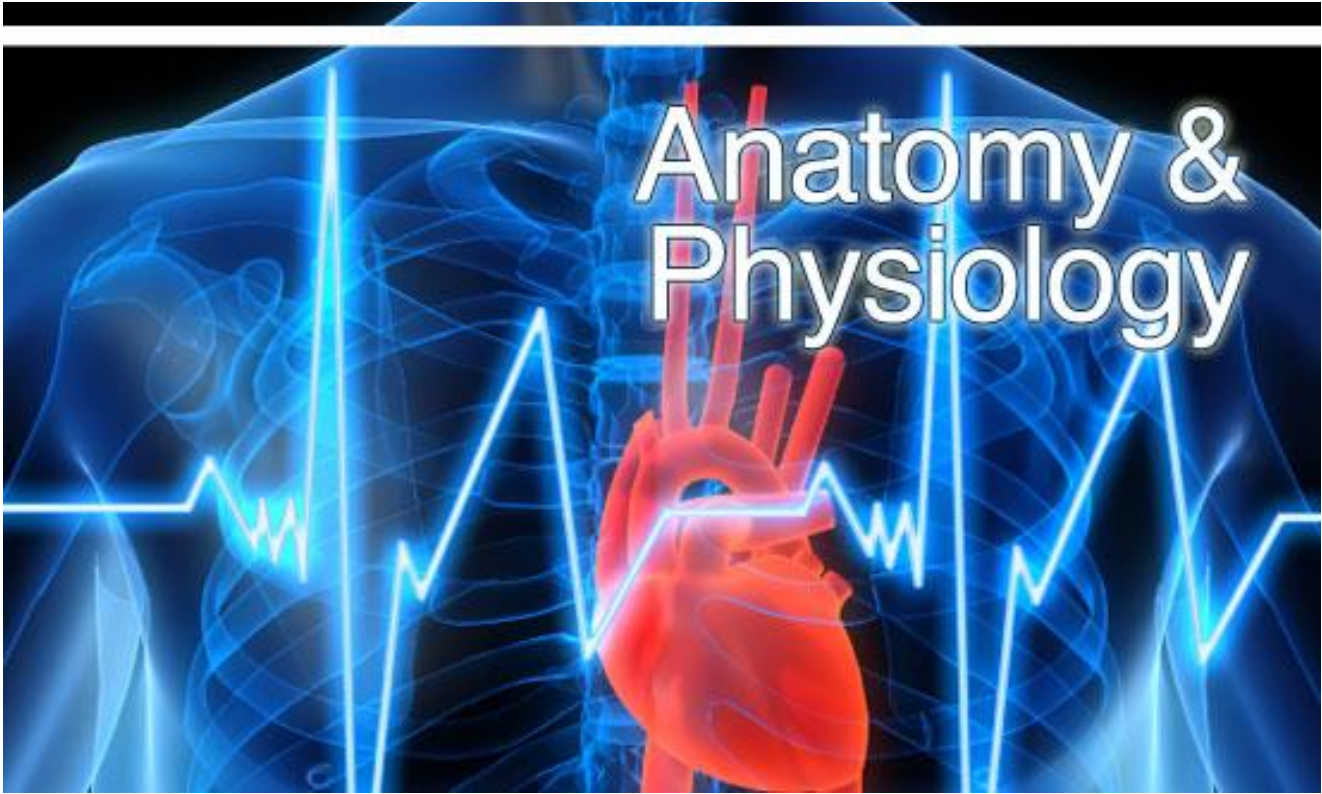


CTEC- Unit 1 Summer transition booklet  
Anatomy and Physiology

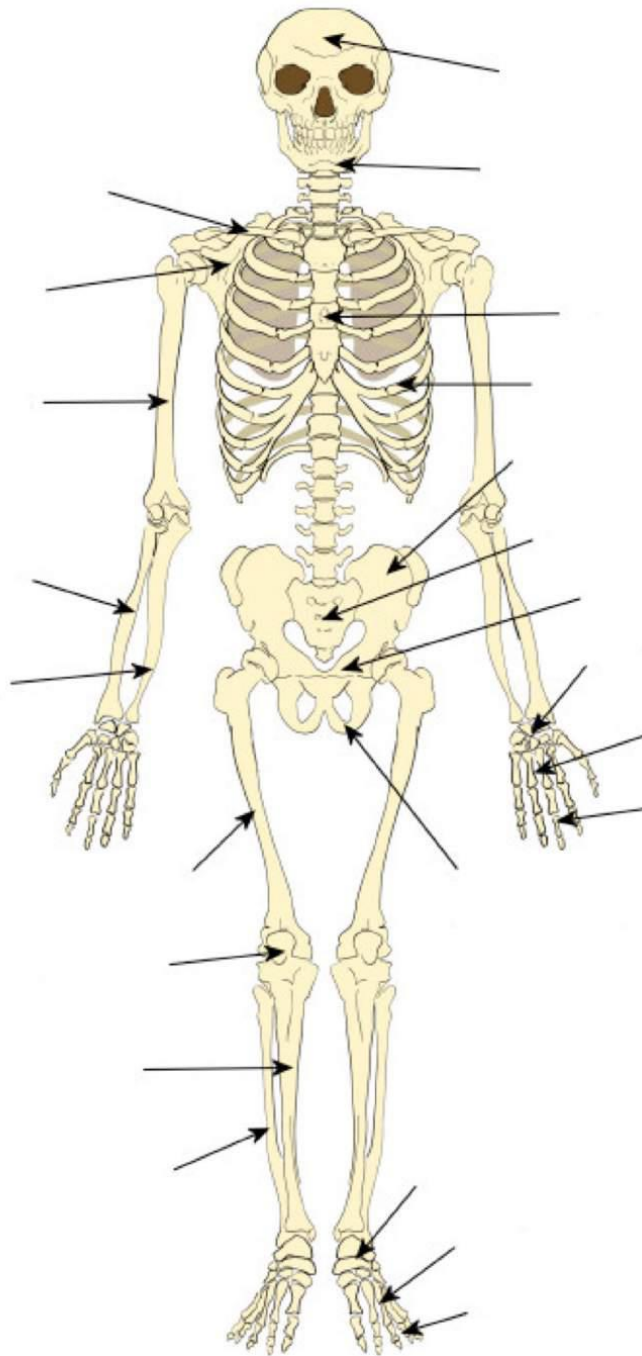


**TASK ONE**

Name.....

Objectives	
<ul style="list-style-type: none"><li>• Be aware of the bones that make up the skeletal system</li><li>• To know the sections of the vertebral column</li><li>• Understand the functions of the skeletal system</li><li>• Understand what articulating bones are</li><li>• To be able to identify the main muscles that make up the muscular system</li></ul>	

**Test yourself!** Name as many of the bones as you can in one colour and then check your answers by writing in the correct anatomical name with another coloured pen.



**Research:** Give a definition of the following term: **articulating bones**.

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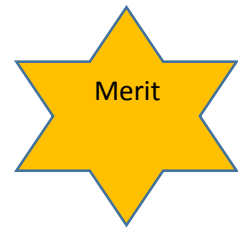
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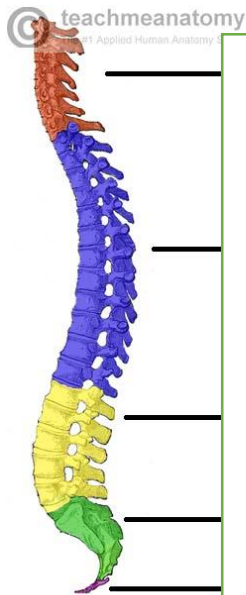
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Challenge Task- Can you identify **articulating bones** (these are bones that meet to create movement at a joint). Try the following:

- Elbow.....
- Shoulder.....
- Knee.....
- Hip.....



**Identify the sections of the vertebral column.**



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**Challenge task**

Can you name how many vertebrae make up each section. Research/revise the following spinal disorders: **KYPHOSIS**; **LORDOSIS** and **SCOLIOSIS**. Identify what part of the spine these disorders affect.

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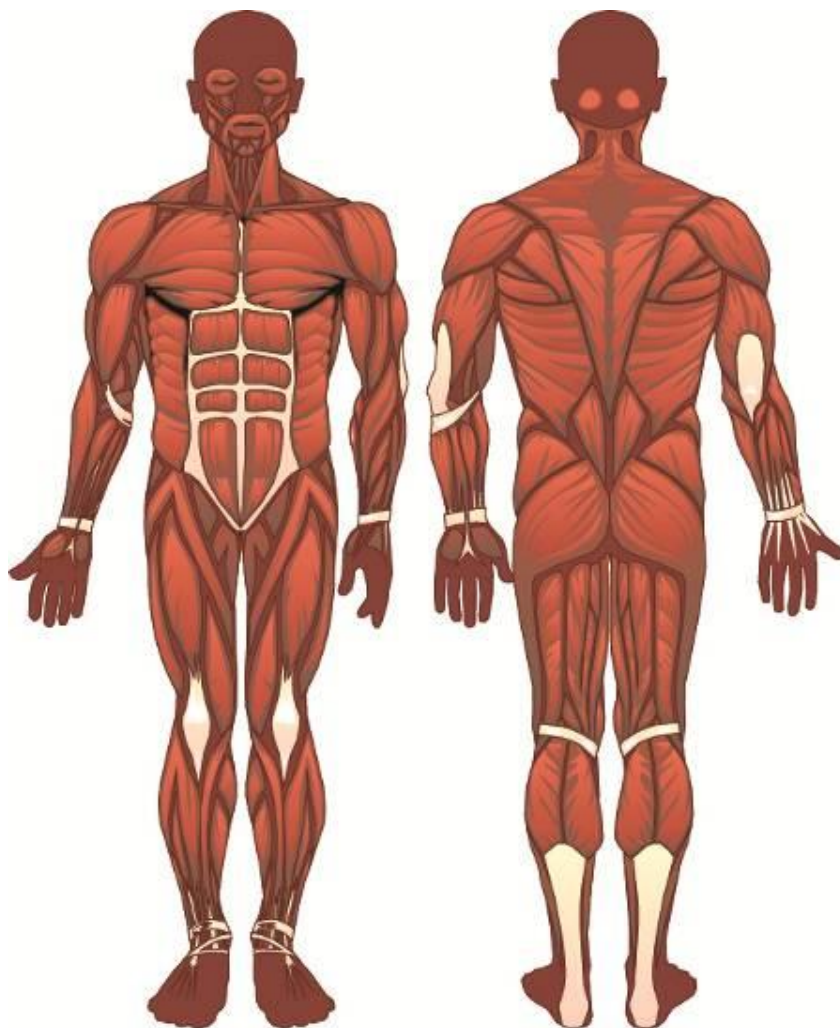
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## Research the Functions of the skeleton

Function	Explanation

How can you remember this? **S**tainfield, **B**elieves, **P**reparation, **M**eans **M**assive **S**uccess!!

**Label the pictures with the following:** Deltoids, Pectoralis major, Trapezius, Latissimus dorsi, obliques (internal and external), hamstrings (Biceps femoris, semimembranosus and semitendinosus), quadriceps (Rectus femoris, vastus lateralis, vastus intermedius and vastus medialis), abdominals, tibialis anterior, gastrocnemius, soleus, gluteus maximus, triceps, biceps, erector spinae, iliopsoas (hip flexor muscles).



**Take note of the names for the individual muscles in both the quadriceps and the hamstrings!**

Apply knowledge to exam based questions

What is the name of the skull?

- a) Mandible
- b) Humerus
- c) Fibia
- d) Cranium

What are the small cube shaped bones called in the ankle?

- a) Carpals
- b) Femur
- c) Talus
- d) Tarsals

What does the skeleton **PROTECT**? Give an example of a bone/bones and what it protects.

.....  
.....

Name the other 5 functions of the skeleton.

S.....  
S.....  
M..... S.....  
B..... C..... P.....  
M.....

Which one of the following is part of the appendicular skeleton?

- a) Humerus
- b) Cranium
- c) Sacrum
- d) Ribs

Name the sections of the vertebral column.

C.....

T.....

L.....

S.....

C.....