

## OFF WEEK 2

Copy this work in your counter books and answer it with care.

1. What is a joint?
  2. Write down one function of joints in the human body.
  3. What type of joints are found in the skull?
  4. Name two features that enable the body to make movements.
  5. Mention the type of muscle where cardiacs on the heart are classified.
  6. Which type of joint is formed by a round spherical head of a bone that fits into a pit-like feature of another bone?
  7. Apart from exo-skeleton, give two other types of skeleton.
  8. The table below shows involuntary muscles and their functions
- | INVOLUNTARY MUSCLES     | FUNCTIONS OF THE MUSCLES.   |
|-------------------------|-----------------------------|
| i) Iris                 | They pump blood.            |
| ii) Intercostal muscles |                             |
| iii) Eyelids            | They carry out peristalsis. |
9. Name the movable joints which enable us to shake our heads.
  10. How is a bone connected to another bone in a joint?
  11. Which part of the skeleton protects the following:
    - i) Eyes ii) Tongue iii) Sexual organs iv) Lungs v) Kidneys
    - vi) The heart vii) Inner ear viii) Spinal cord...
  12. How does synovial fluid help to reduce friction at a joint?
  13. Name one viral infection of the muscle-skeleton system which can be prevented during childhood.
  14. State any 3 ways of preventing muscular-skeletal diseases.
  15. Name one disorder that commonly affects adult people as a result of bad sitting posture.
  16. How is a ligament different from a tendon?
  17. What injury does one gets if his bone cracks?
  18. In the space provided below, draw the structure of a femur.