

Structure of the skeleton

Movement

The skeletal system allows **movement at a joint**.

Types of Bones

Long bones	Short bones	Flat bones
Enable gross movements	Enable finer controlled movements	Protect vital organs

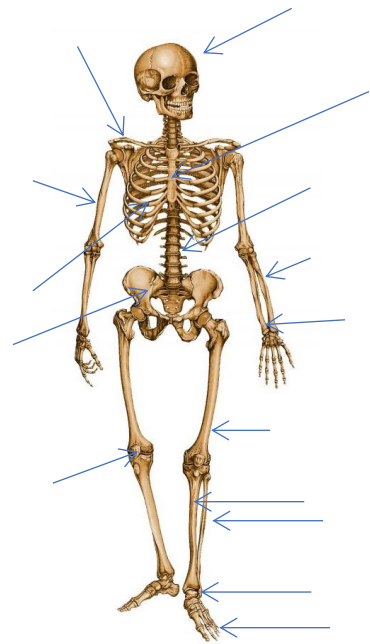
Joints

The different joint types allow different types of movement.

Points of Attachment

The skeleton provides a point of attachment for muscles – when muscles contract they pull the bone.

Bones



Functions of the skeleton

Movement

Support

Structural shape and points for attachment

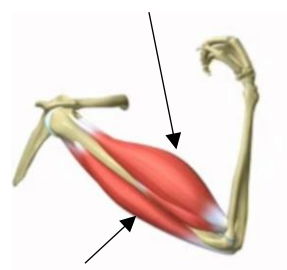
Protection

Blood Cell Production

Mineral Storage

Chapter 1 The Musculoskeletal System

Antagonistic muscle pairs



Muscle contraction for movement

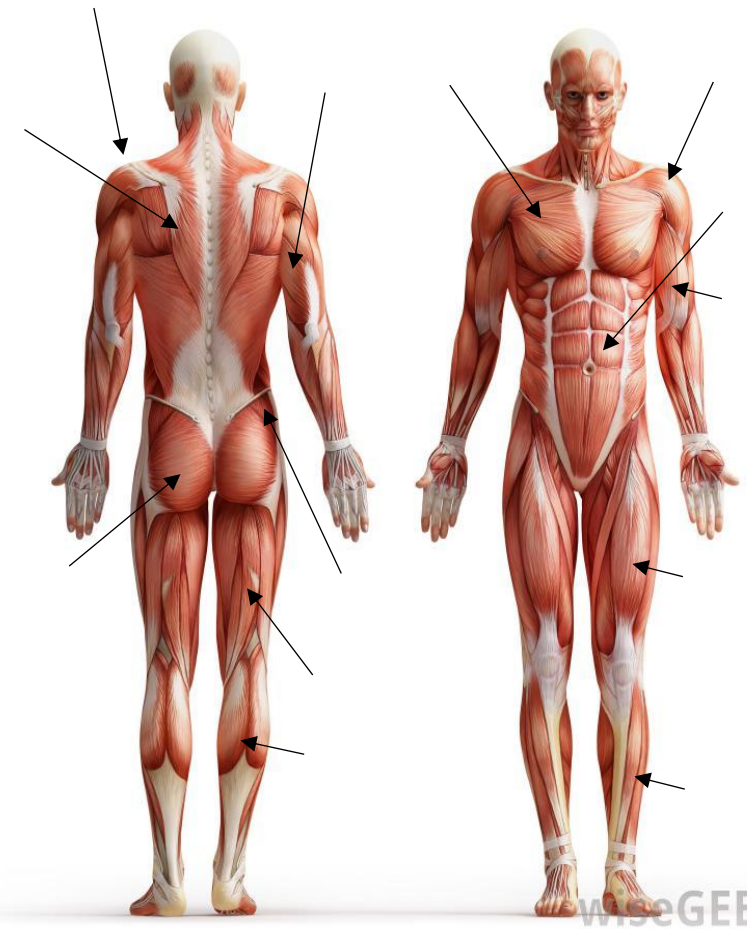
Isotonic contraction

Concentric

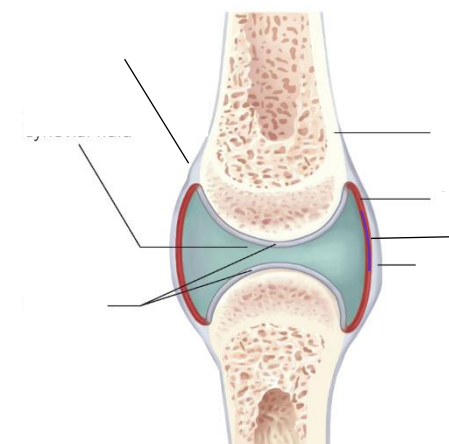
Eccentric

Isometric contraction

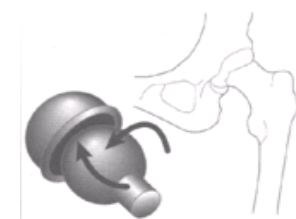
Muscles of the body



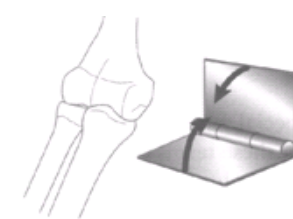
Structure of Synovial Joints



Types of freely moveable joints



Movement at the joint and locations within the body



Movement at the joint and locations within the body

Bone - Cartilage - Joint Capsule - Synovial membrane - Synovial fluid - Ligaments - Bursae