

Holistic Anatomy: An Integrative Guide To The Human Body

Chapter 5 The Skeleton System

Section 1: Fill in the Blank

Use your book to help complete each question.

1. The functions of the skeleton are: support, movement, **PROTECTION** making blood cells, and storage of **CALCIUM**, phosphates, and fats. (pg. 63)
2. The skeleton consists of **204** bones. These are divided into the axial and appendicular skeletons. (pg. 68)
3. The spine consists of 33 **VERTEBRAE**. (pg. 71)
4. The vertebrae are named and numbered from the top down: (pg. 71)
 - a. Seven **CERVICAL** C1-C7
 - b. Twelve **THORACIC** T1-T12
 - c. Five **LUMBAR** L1-L5
 - d. Five Fused **SACRUM** S1-S5
 - e. Four Fused **COCCYX**
5. The first two vertebrae in the neck (C1 and C2) are the atlas and **AXIS**. (pg. 72)
6. The seven **TARSALS** are the talus, calcaneus, cuboid, navicular, and three cuneiforms. (pg. 76)
7. Most joints are supported by **LIGAMENTS**, tough white fibrous tissue passing from bone to bone across a joint, knitting into the periosteum covering the bone. (pg. 77)
8. Damage from stretching a joint too far is known as a **SPRAIN**. (pg. 79)