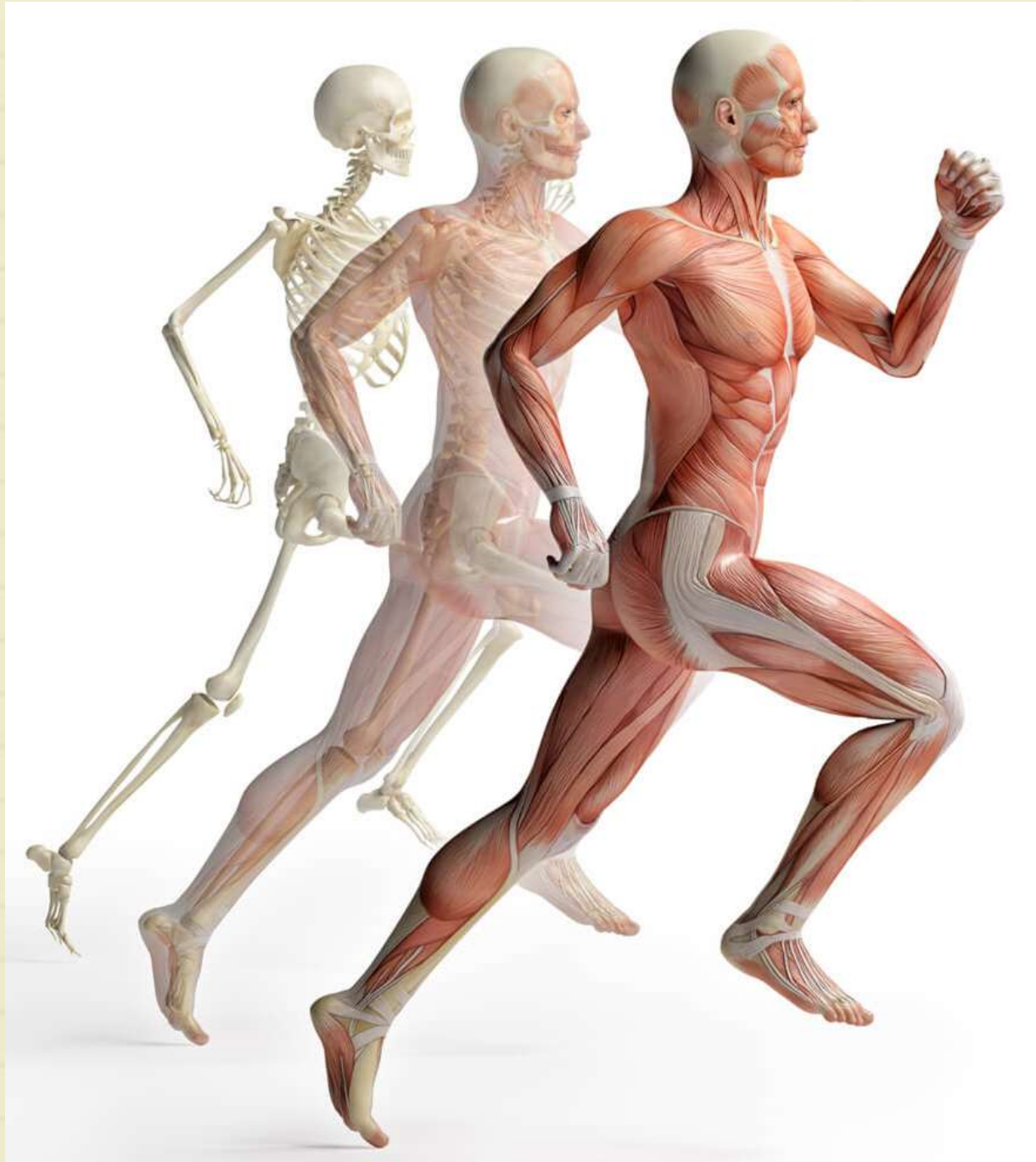




The Musculoskeletal System

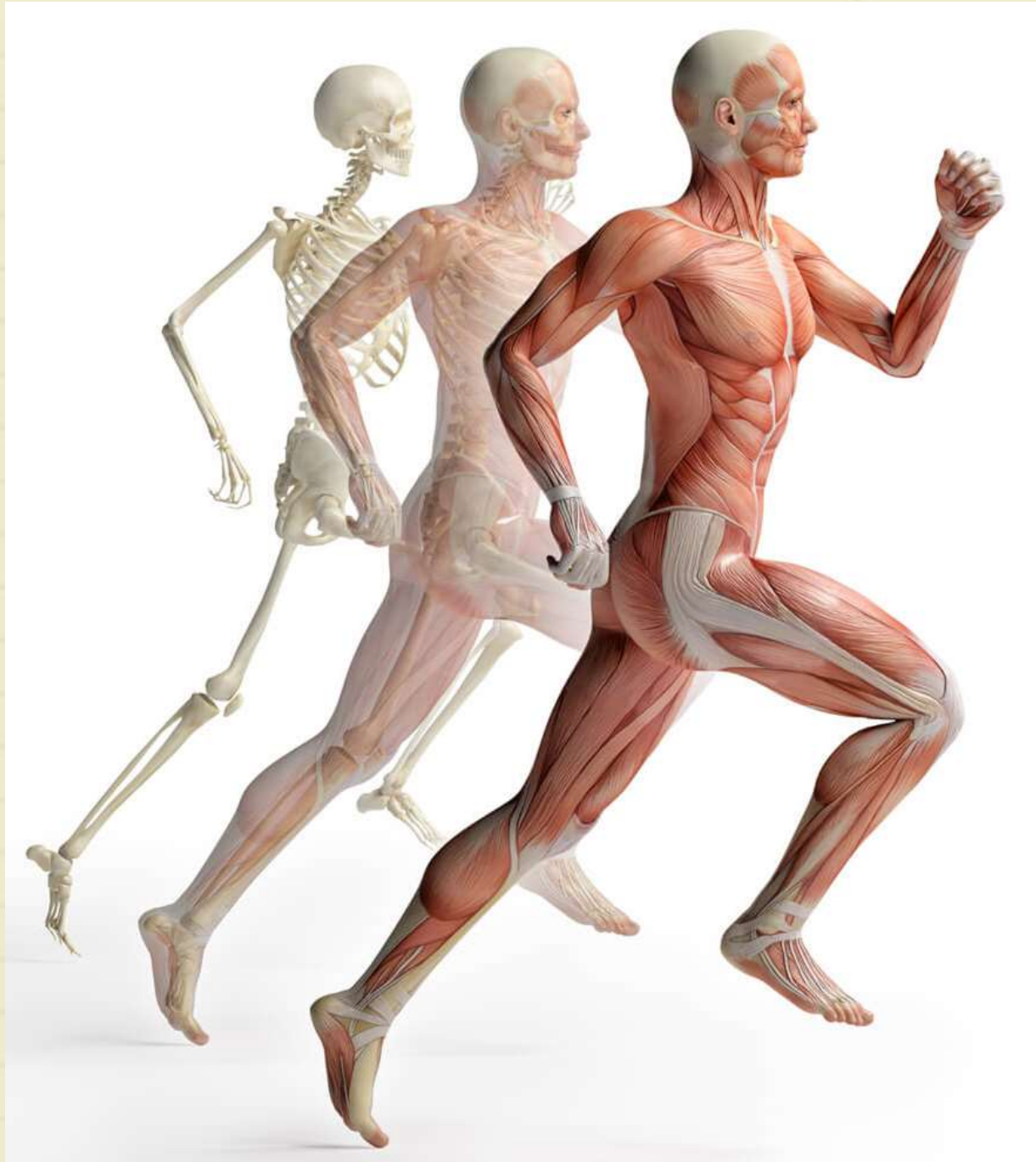
What is the musculoskeletal system?

- A system made up of b____, m____ and j____.
- It lets you
-m____ your body p____ and
-go from one place to another



What is the musculoskeletal system?

- A system made up of bones, muscles and joints
- It lets you
 - move your body parts and
 - go from one place to another



MUSCLES/MUSCULAR SYSTEM

- Muscles are s_____ and e_____



- Muscles

- c_____ (become shorter) and

- r_____ (become longer) to make your body parts move

- There are 3 types of muscle:

- s_____ (stomach, intestines, and bladder)



- c_____ (the heart)



- s_____ (attached to bones)



MUSCLES/MUSCULAR SYSTEM

- Muscles are soft and elastic



- Muscles

- contract (become shorter) and
- relax (become longer) to make your body parts move

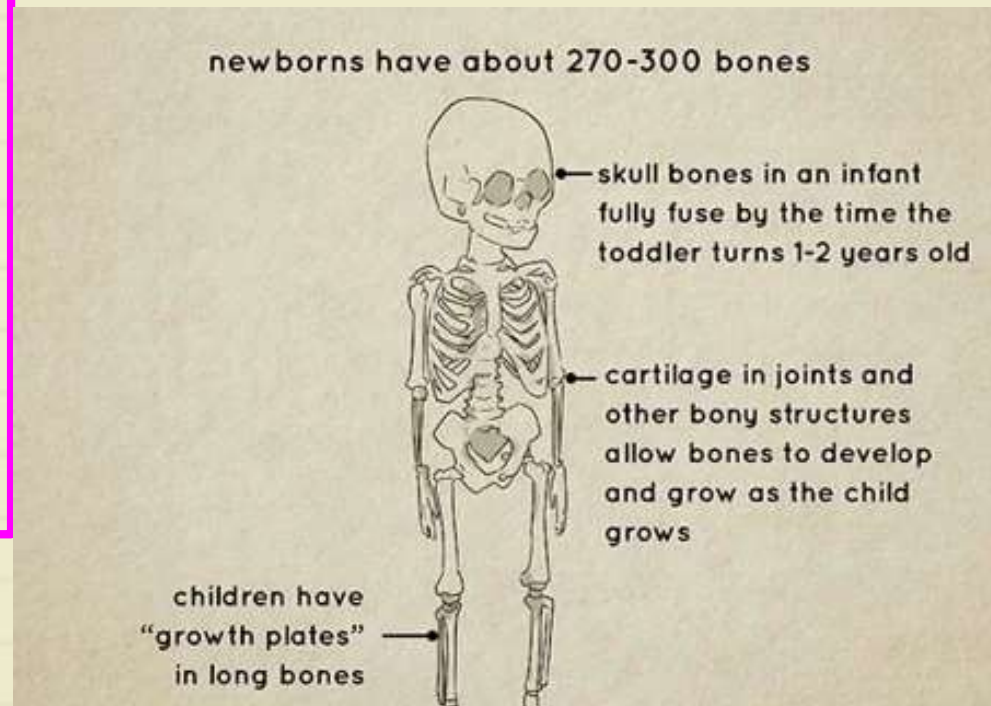
- There are 3 types of muscle:

- smooth (stomach, intestines, and bladder)
- cardiac (the heart)
- skeletal (attached to bones)



BONES/SKELETAL SYSTEM

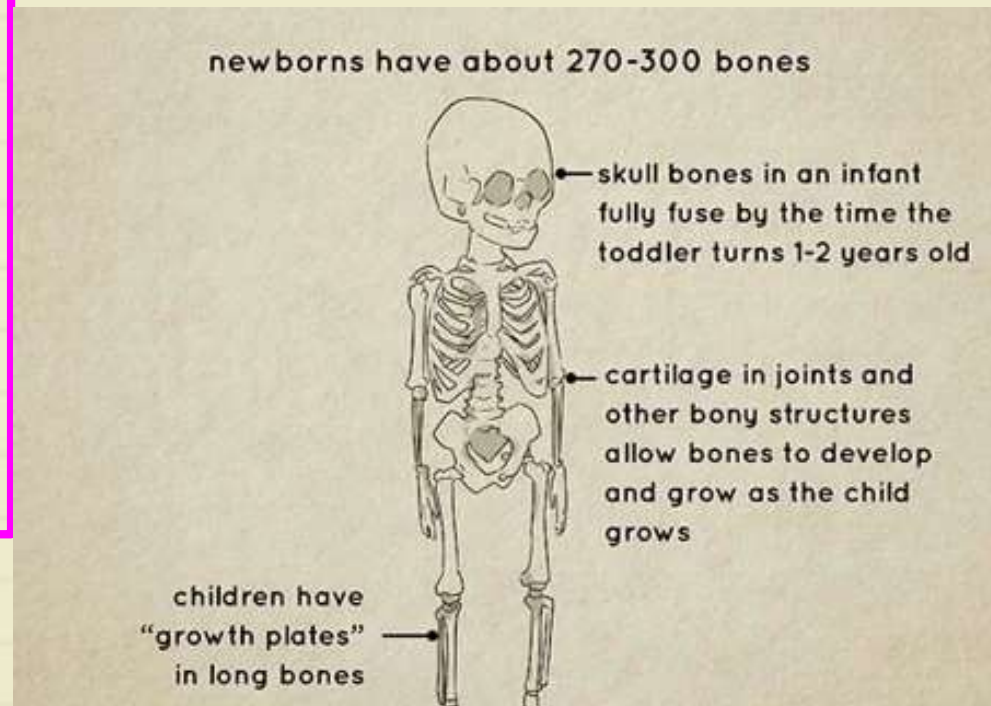
- **P**_____ like the brain, lungs and heart
- **A**_____ (thanks to its connection with muscles)
- **S**_____ the body and helps to keep its shape



Fun Fact: Babies have more bones than adults. Adults have about 206 bones in their bodies.

BONES/SKELETAL SYSTEM

- Protects vital organs like the brain, lungs and heart
- Allows movement (thanks to its connection with muscles)
- Supports the body and helps to keep its shape

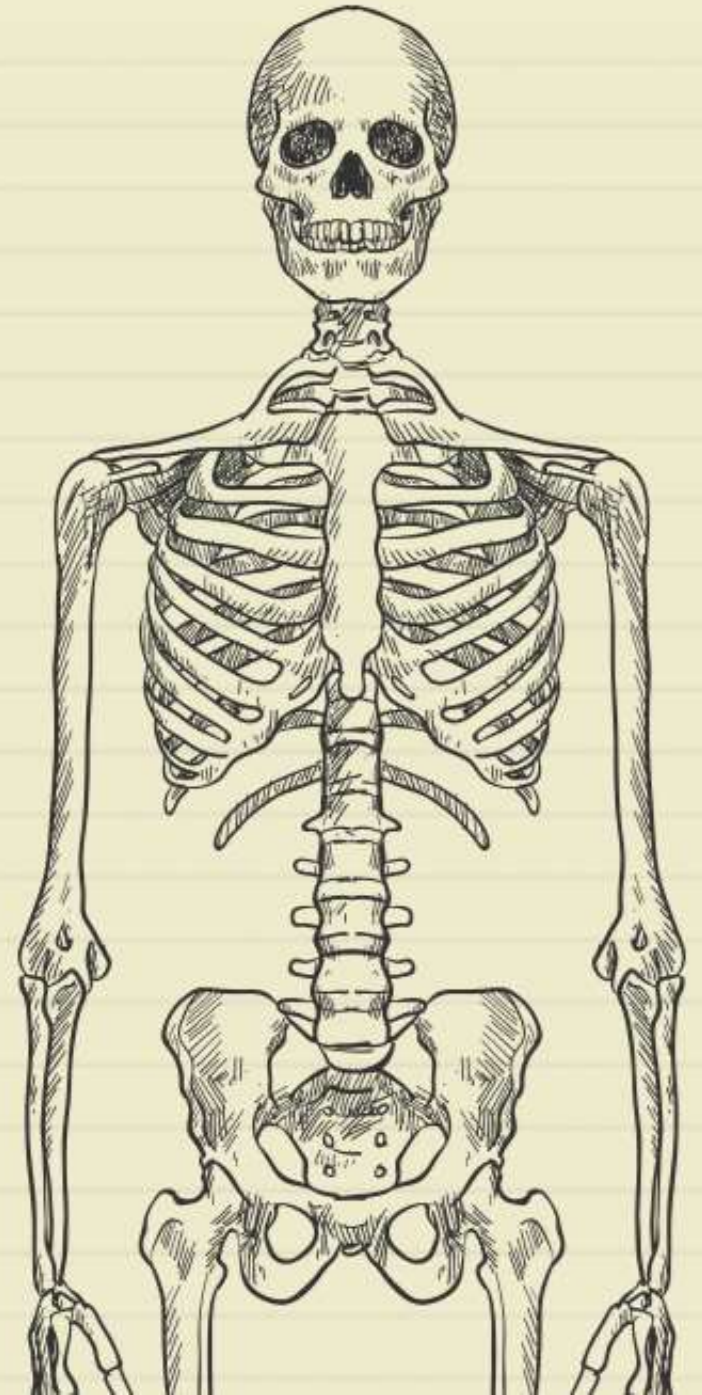


Fun Fact: Babies have more bones than adults. Adults have about 206 bones in their bodies.



JOINTS

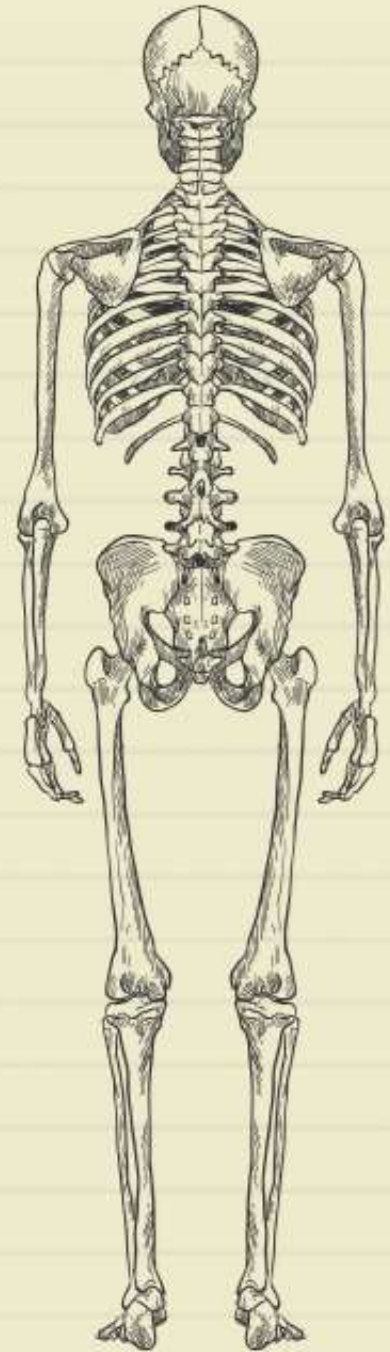
- Where two or more bones are connected
- They can be fixed if they do not move: skull
- They are semi-mobile if they have limited movement: vertebrae
- They are mobile if they can move a lot: elbows, knees, ankles



Muscles or Bones?

- Deltoid
- Biceps
- Oblique
- Calf
- Triceps
- Pectoral
- Quadriceps

- Ulna
- Tibia
- Rib
- Femur
- Clavicle
- Fibula
- Humerus



Keep your skeletal system healthy!

Good Sources of Calcium:



Fortified Orange Juice



Yogurt



Milk



Fortified Cereal



Cheese

Good Sources of Vitamin D:



Salmon, Mackerel, Sardines, Tuna



Supplements



Keep your skeletal system healthy!



<https://www.health.com/nutrition/14-non-dairy-foods-that-are-high-in-calcium>

<https://www.health.com/green-leafy-vegetables-to-eat-8405523>

Keep your skeletal system healthy!



THE MUSCULOSKELETAL SYSTEM

includes

HUMAN SKELETON

which includes

The bones of the head

The bones of the trunk

The bones of the
extremities



MUSCLES

which include

The muscles of the face

The muscles of the trunk

The muscles of the
extremities

