

Name: _____

Class: _____

WORKSHEET

12.2 Joints

Using Chapter 12 of *Human Perspectives Units 1 & 2*, complete the following activities.

1 What is a joint?

2 Complete the following table.

Type of joint	Movement allowed	Locations
Fibrous		
Cartilaginous		
Synovial		

3 Complete the following table.

Type of synovial joint	Movement allowed	Locations
Ball and socket		
Hinge		
Pivot		
Gliding		
Saddle		
Condylloid		

4 Sketch and label a diagram of a synovial joint. Label the bones that meet at the joint and the following parts: tendon, capsule, ligament, synovial membrane, articular cartilage, synovial fluid. Describe the function of each part you have labelled.

5 Define each of the following as they are used when referring to the human body.

a Gliding

b Flexion

c Extension

d Hyperextension

e Abduction

f Adduction

g Circumduction

h Rotation

i Pronation

j Supination

k Inversion

l Eversion

m Dorsiflexion

6 Answer the question posed in the caption to Figure 12.15 in the text.

7 a What can you do to reduce the risk of developing osteoporosis later in life?

b Is there anything you can do to reduce the risk of developing osteoarthritis? Explain your answer.