Name _____

Bones in Motion: How the Skeletal System Fuels Movement

Short Answer Key

1. Tendons connect muscles to bones and transmit the force generated by muscle contractions to bones.
2. Levers work by using a rigid bar (bone), a pivot point (joint), and an applied force (muscle) to either multiply force or increase the distance over which a force is applied during movement.
3. An example of a ball-and-socket joint is the hip joint. It allows for a wide range of motion, including flexion, extension, abduction, adduction, and rotation.
4. The skeletal system supports the body against the force of gravity by providing a structural framework that keeps us upright.
5. Penguins have adapted to swimming with specialized flipper bones, allowing them to glide through water efficiently.