

Name: _____ Class: _____

Joints & Movement Worksheet

Read your notes and answer the following;

1. What are joints?

(2 marks)

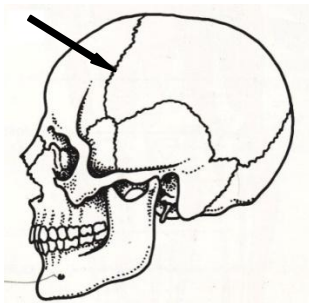
2. What are fixed joints? What is their other name?

(2 marks)

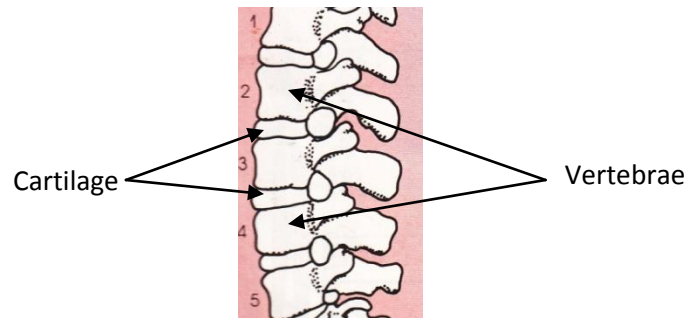
3. What are slightly moveable joints? What is their other name?

(2 marks)

4. Name the type of joints shown below.



a. _____



b. _____

5. What are freely moveable joints? What is their other name?

(2 marks)

6. What type of joint is shown in the following diagram?

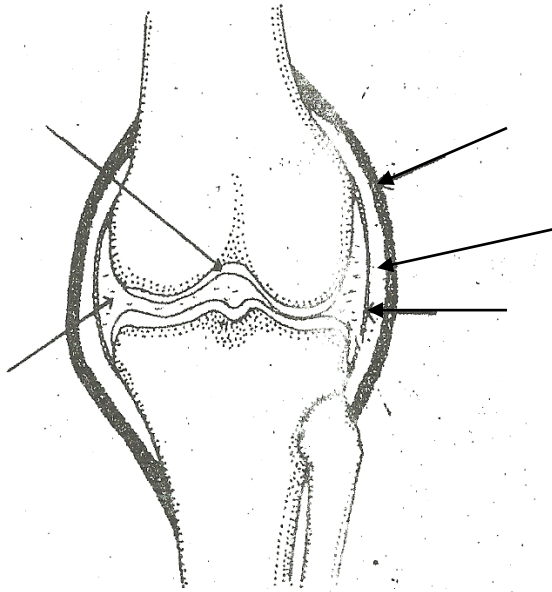
(1 mark)

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KNEE JOINT

Label the diagram.

(6 marks)

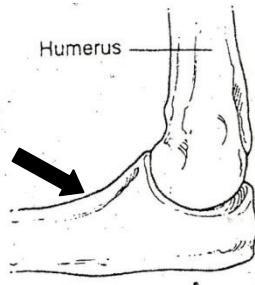


7. How many types of freely moveable joints are there?

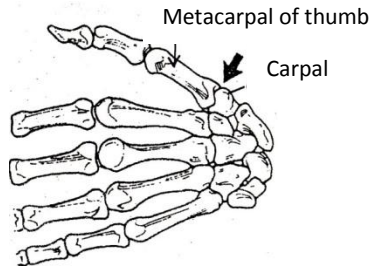
(1 mark)

8. Under each picture write the names of the **synovial** joints shown.

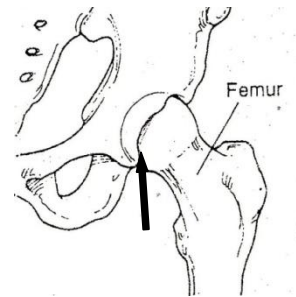
(8 marks)



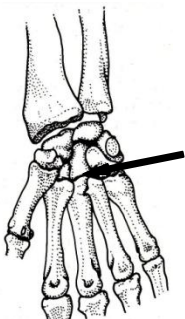
a. _____



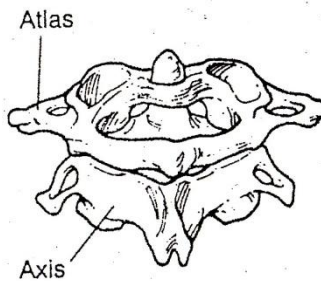
b. _____



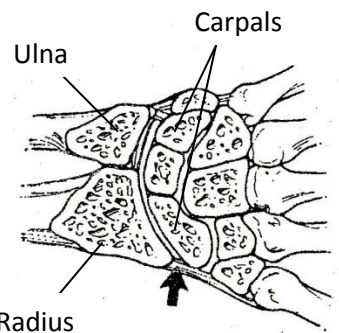
c. _____



d. _____



e. _____



f. _____

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9. Identify one area in the body where the following joints can be found.

(6 marks)

- Ball and socket _____
- Hinge _____
- Pivot _____
- Condylloid _____
- Cartilaginous _____
- Fixed _____

10. Complete the following sentences

(4 marks)

- _____ link bones together and limits the range of movement of a joint.
- _____ protects bones and prevents them from wearing each other down.

11. Describe the following types of movement.

(12 marks)

- Flexion _____

- Extension _____

- Abduction _____

- Adduction _____

- Circumdation _____

- Rotation _____

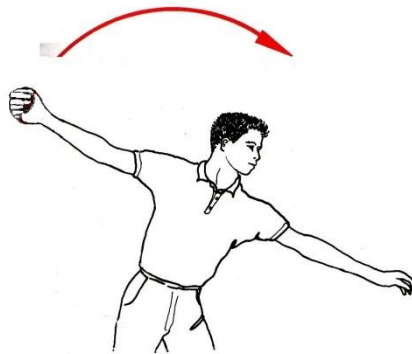
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12. Below each picture name the movement that is shown.

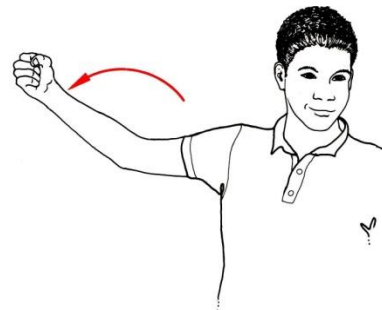
(6 marks)



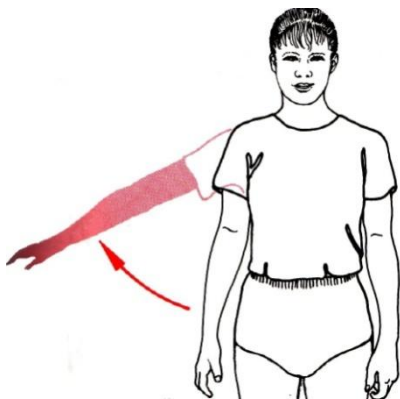
a. _____



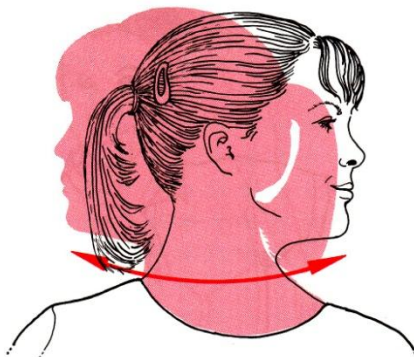
b. _____



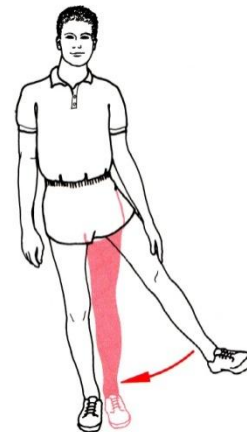
c. _____



d. _____



e. _____



f. _____

13. Identify the type of movements that are allowed by the following joints.

(8 marks)

| Type of joint | Movement allowed |
|-----------------|------------------|
| Ball and socket | |
| Pivot | |
| Hinge | |
| Condyloid | |