

SKELETAL SYSTEM

READING COMPREHENSION



SKELETAL SYSTEM

THE FRAMEWORK OF THE HUMAN BODY

Read the text below and then answer the questions.



The skeletal system, or skeleton, consists of bones, cartilage, ligaments, and ligaments, collectively, is also considered an integral part of the human body. Its multifunctional functions extend far beyond mere structural support and locomotion; rather, it serves as a dynamic and responsive framework. Comprising 206 bones in the adult human body, the skeletal system is a dynamic and interconnected network that facilitates movement, protection, and storage of minerals.

Bones, the fundamental building blocks of the skeletal system, exhibit a diverse array of shapes and sizes, each tailored to specific functions. Long bones, such as those in the limbs, provide support and facilitate movement, while flat bones, such as the skull, offer protection. The vertebral column, or spine, is the central axis of the skeleton, providing structural support and flexibility. This column serves as a common pathway for nerves and blood vessels, facilitating communication and nutrient transport throughout the body.

Cartilage, a flexible yet resilient connective tissue, plays a critical role in the skeletal system. It covers the surfaces of joints, ensuring smooth movement by reducing friction and absorbing shock. Additionally, cartilage is found in the ends of long bones, where it provides support and flexibility. Ligaments, strong bands of connective tissue, connect bones to bones, providing stability and support. Together, these components form a complex and dynamic framework that enables the human body to move, grow, and maintain its structural integrity.

Cartilage is found in the joints between bones, where it acts as a cushion and reduces friction. It is also found in the ends of long bones, where it provides support and flexibility. Ligaments are strong bands of connective tissue that connect bones to bones, providing stability and support. Together, these components form a complex and dynamic framework that enables the human body to move, grow, and maintain its structural integrity.

The skeletal system is not a static entity but rather a dynamic and adaptive one. Throughout life, bones undergo a process called remodeling, where old bone is broken down and new bone is formed. This process is regulated by hormones and mechanical stress. The skeletal system also plays a role in the production of blood cells, a process known as hematopoiesis. The bone marrow, located within the cavities of some bones, is the site where blood cells are produced.

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The health of the skeletal system is critically linked to nutritional factors. Adequate intake of calcium and phosphorus is essential for bone strength and density. Vitamin D, which promotes calcium absorption, also plays a crucial role in bone health. Deficiencies in these nutrients can lead to conditions such as osteoporosis, characterized by weakened and brittle bones.

As individuals age, the skeletal system undergoes natural changes. Bone density decreases, and the risk of fractures increases. However, adopting a proactive approach to bone health can mitigate these age-related changes. Regular weight-bearing exercise, proper nutrition, and a healthy lifestyle contribute significantly to maintaining a strong and functional skeleton.

In essence, the skeletal system is a testament to the intricate design and functionality of the human body. Beyond its foundational role in providing structural support, it is an active participant in various physiological processes, ensuring the body's overall health and well-being.



Skeletal System Reading Essentials In Science

Terry C. Jones



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