

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, is made of bones, cartilage, ligaments, and ligaments. It is one of the most important parts of the human body. Its main function is to support the body and protect the internal organs. It also plays a role in movement and blood production. The skeleton is made of 206 bones in the adult human body. The skeletal system is a dynamic and interconnected network that adapts to the needs of the body.

Bones, the fundamental building blocks of the skeletal system, are made of a dense matrix of collagen and mineral salts. They are designed to provide strength and support. Long bones, such as those in the arms and legs, are designed for movement. Short bones, such as those in the wrists and ankles, are designed for stability. The skeletal system is a dynamic and interconnected network that adapts to the needs of the body.

Cartilage, a flexible, non-mineral connective tissue, plays a crucial role in the skeletal system. It covers the surfaces of bones, reducing friction and allowing for smooth movement. It also acts as a shock absorber. Ligaments, strong bands of connective tissue, connect bones to bones, providing stability and support. The skeletal system is a dynamic and interconnected network that adapts to the needs of the body.

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The skeletal system is not a static entity but rather a dynamic and adaptive one. Throughout life, bones undergo a process called remodeling, responding to mechanical stress, hormonal changes, and other physiological factors. Osteoblasts, responsible for bone formation, and osteoclasts, responsible for bone resorption, work in tandem to maintain the structure and function of the skeletal system.

The health of the skeletal system is critically linked to nutritional factors. Adequate intake of calcium and phosphorus is essential for bone strength. Vitamin D, which promotes calcium absorption, plays a crucial role in maintaining bone health. A diet rich in these nutrients can help maintain a healthy skeletal system.

As individuals age, the skeletal system undergoes natural changes. Bone density decreases, leading to an increased risk of fractures and osteoporosis. However, adopting a proactive approach to bone health, including regular weight-bearing exercise, proper nutrition, and a healthy lifestyle, can significantly reduce these risks and maintain a functional and strong 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.



Skeletal System Reading Essentials In Science

Duane Knudson



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The Mighty Muscular and Skeletal Systems John Burstein, 2009 Join Slim Goodbody and his Body Buddies for a system by system exploration of the amazing human body Book jacket Reading Essentials in Science Christine Webster, From head to toe the bones in the human skeleton provide support movement materials and protection for the body

Essentials of Human Behavior Elizabeth D. Hutchison, Leanne Wood Charlesworth, 2020-11-06 *Essentials of Human Behavior* combines Elizabeth D Hutchison's two best selling *Dimensions of Human Behavior* volumes into a single streamlined volume for understanding human behavior The text presents a multidimensional framework integrating person environment and time to show students the dynamic changing nature of person in environment In this Third Edition Hutchison is joined by new co author Leanne Wood Charlesworth who uses her practice and teaching experience to help organize the book's cutting edge research and bring it into the classroom The text will thoroughly support students understanding of human behavior theories and research and their applications to social work engagement assessment intervention and evaluation across all levels of practice This title is accompanied by a complete teaching and learning package

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for the types of questions they will be asked in actual test situations and are followed by answer keys All three grade level volumes elementary middle school and high school give you stimulating and effective ways to help students master basic science content and prepare to demonstrate their knowledge at the particular level **Bones** Christine Webster,2005-09-01 Presents an introduction to bones explaining how they protect the body and store minerals including how they work with muscles joints ligaments and tendons to help the body move Books in Print ,1981 **Fundamentals of Biomechanics** Duane Knudson,2021-06-10 Blending up to date biomechanical knowledge with professional application knowledge this second edition presents a clear conceptual approach to understanding biomechanics within the context of the qualitative analysis of human movement It develops nine principles of biomechanics which provide an applied structure for biomechanical concepts and the application of each principle is fully explored in several chapters The book also offers real world examples of the application of biomechanics which emphasize how biomechanics is integrated with the other subdisciplines of kinesiology to contribute to qualitative analysis of human movement *Officer Candidate Tests For Dummies* Jane R. Burstein,Carolyn C. Wheeler,2011-05-10 The easy way to prepare for officer candidate tests Want to ace the AFOQT ASVAB or ASTB Help is here Officer Candidate Tests For Dummies gives you the instruction and practice you need to pass the service specific candidate tests and further your military career as an officer in the Army Air Force Navy Marine Corps or Coast Guard Packed with practice questions and easy to follow information Officer Candidate Tests For Dummies gives you a comprehensive review of all subjects covered on the tests an explanation of the test formats and everything you need to understand and conquer the exams Includes practice exams for each test More subject matter instruction than any other book on the market Covers all of the latest updates to the exams Whether you re aspiring to become an officer in the military by attending a service academy ROTC or Officer Candidate School or are already in the military and working to advance your career Officer Candidate Tests For Dummies has you covered **The Skeletal and Muscular Systems** ,2004 Explains the various parts of the human skeleton and discusses different types of muscles and their functions The Publishers' Trade List Annual ,1969

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