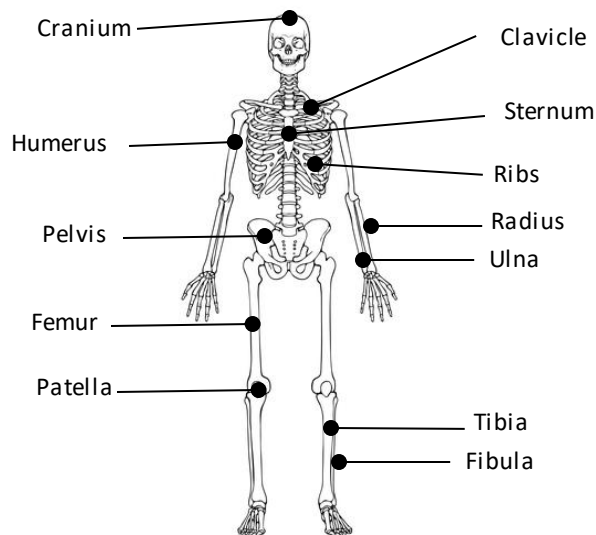
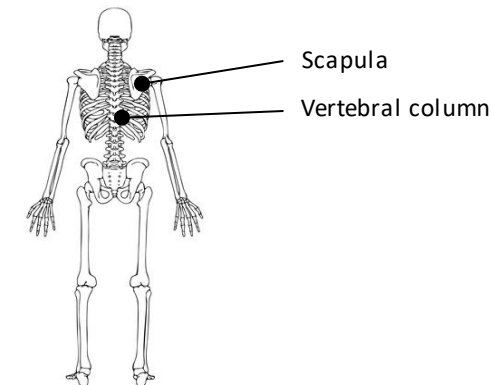


# NCFE Health and Fitness Level 1/2 – The structure and functions of the skeletal system

## Structure of the skeletal system



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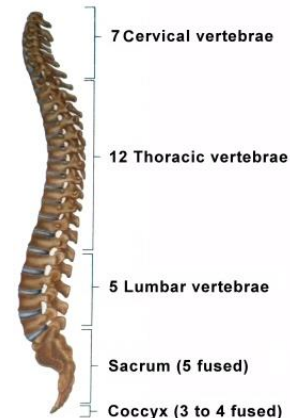


## Vertebral Column

The vertebral column is divided into 5 sections. It is made up of irregularly shaped bones called vertebrae.

Each vertebra is protected with cartilage to prevent friction.

The vertebrae protects the spinal cord.

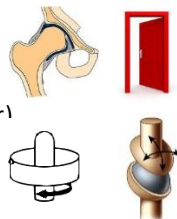


## Function of the skeleton

- Protection of vital organs
- Muscle attachment
- Joints for movement
- Blood cell production (platelets, red and white)
- Storage of calcium and phosphorus

## Classification of joint

- Pivot (neck – atlas and axis)
- Hinge (elbow and knee)
- Ball and socket (hip and shoulder)
- Condyloid (wrist)



## Connective tissue

**Ligaments** – attaches bone to bone to add joint stability.

**Tendons** – attaches muscles to bone and contributes to joint movement as a result of muscle contraction.

## Classification of bones

Long (leverage)	Short (weight bearing)	Flat (protection + muscle attachment)	Irregular (protection and muscle attachment)
Clear shaft region to the bone. <i>i.e. femur, humerus &amp; phalanges</i>	Light, small and very strong. <i>i.e. carpals, tarsals</i>	Broad surface area for muscle attachment. <i>i.e. cranium</i>	Assist the functioning of certain joints. <i>i.e. Patella/vertebrae</i>

## Joint movements

Flexion	Adduction	Rotation	Dorsi-Flexion (ankle joint)
Decreasing the angle at a joint (bending)	Limbs moving towards the midline of the body	A twisting/turning action around a joint.	When the toes are turned up to the body.
Increasing the angle at a joint (straightening)	Limbs moving away from the midline of the body.	A combination of flexion, extension, adduction & abduction.	When the toes are pointed away from the body.

