

Movement and the Musculoskeletal System

Biology · Practice Test · 20 Questions

1. Why do animals move?

- A) To find food and water, escape predators, find shelter, migrate, and find a mate.
- B) Only to find food and water.
- C) To play and socialize.
- D) To stay warm.

2. How does movement benefit humans physically and mentally?

- A) Improves mood, reduces anxiety, improves sleep, and increases self-confidence.
- B) Increases stress and anxiety.
- C) Causes fatigue and poor sleep.
- D) Decreases self-confidence.

3. What are the main components of the musculoskeletal system?

- A) Bones and muscles.
- B) Skin and hair.
- C) Nerves and blood vessels.
- D) Organs and tissues.

4. What makes bones hard and light?

- A) Minerals like calcium, and internal cavities and spongy material.
- B) Water content and flexibility.
- C) Fat and cartilage.
- D) Blood and marrow.

5. Which function of bones supports the body's shape?

- A) Support.
- B) Movement.
- C) Protection.
- D) Growth.

6. How do muscles contribute to movement?

- A) Muscles contract and pull on bones.
- B) Muscles relax and push bones.
- C) Muscles generate heat to move bones.
- D) Muscles secrete fluids that lubricate bones.

7. Which bones protect the brain?

- A) The skull.
- B) The ribs.
- C) The spine.
- D) The pelvis.

8. What is the correct sitting posture for the back?

- A) Straight.
- B) Slouched.
- C) Leaned forward.
- D) Leaned backward.

9. When standing for a long time, what is a recommended action to relieve pressure?

- A) Shift weight from heel to toe or from one foot to the other.
- B) Stand completely still.
- C) Cross your legs.
- D) Lean against a wall.

10. When walking, where should hands ideally not be kept?

- A) In pockets.
- B) By the sides.
- C) Swinging naturally.
- D) Behind the back.

11. What is the maximum recommended weight for a backpack relative to body weight?

- A) 10-15%
- B) 5-10%
- C) 20-25%
- D) 30-35%

12. Which type of bone joint allows for bending and slight movement?

- A) Semi-movable joints (e.g., vertebrae).
- B) Immovable joints (e.g., skull sutures).
- C) Movable joints (e.g., hip joint).
- D) Fixed joints.

13. What are movable joints covered with and lubricated by?

- A) Cartilage and synovial fluid.
- B) Bone and marrow.
- C) Ligaments and tendons.
- D) Muscle and fat.

14. Which part of the skeleton supports the body and protects organs?

- A) Axial skeleton (skull, rib cage, spine).
- B) Appendicular skeleton (limbs).
- C) Pelvic girdle.
- D) Shoulder girdle.

15. What are the limbs and girdles part of?

- A) Appendicular skeleton.
- B) Axial skeleton.
- C) Skeletal muscles.
- D) Joints.

16. How do skeletal muscles cause bone movement?

- A) When a muscle contracts, it pulls on a tendon, moving the bone.
- B) When a muscle relaxes, it pushes the bone.
- C) Muscles expand to move bones.
- D) Muscles secrete a substance that dissolves bone.

17. What are some benefits of regular exercise for muscles?

- A) Muscles become stronger, more resilient, and better supplied with nutrients.
- B) Muscles become weaker and less flexible.
- C) Muscles shrink and lose mass.
- D) Muscles require less nutrient supply.

18. What is a bruise and swelling an example of?

- A) A contusion.
- B) A sprain.
- C) A dislocation.
- D) A fracture.

19. Which common injury involves the stretching or tearing of ligaments, often in the ankle?

- A) Ligament sprain.
- B) Muscle strain.
- C) Joint dislocation.
- D) Bone fracture.

20. What is a preventative measure against injuries when cycling?

- A) Wearing a helmet.
- B) Cycling too fast.
- C) Not warming up.
- D) Riding on slippery surfaces.