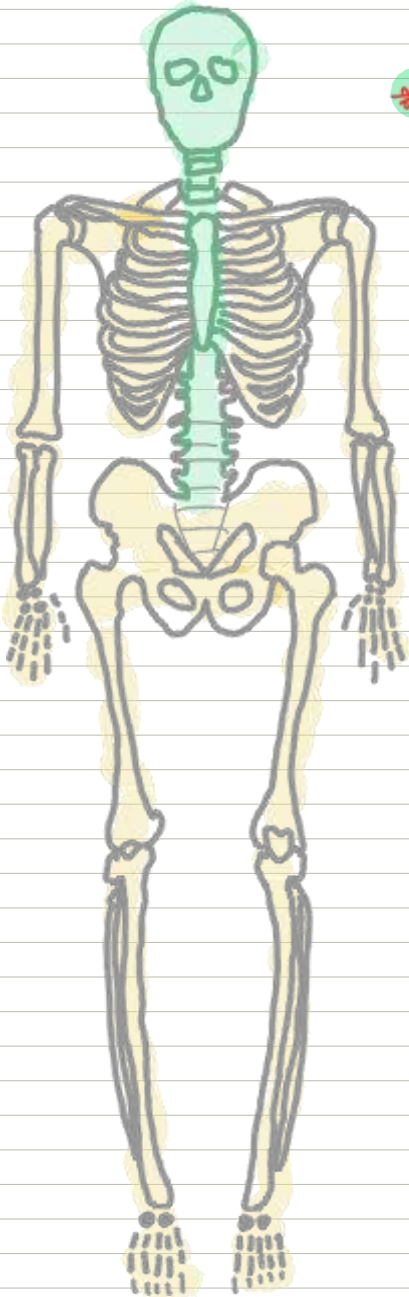




UNIT 1 ANATOMY

1.1.1 Distinguish anatomically between the axial and appendicular skeleton.

1.1.2 Distinguish between the axial and appendicular skeleton in terms of function.



*** AXIAL SKELETON:** Fixed section of the skeleton where little movement occurs.

INCLUDES:

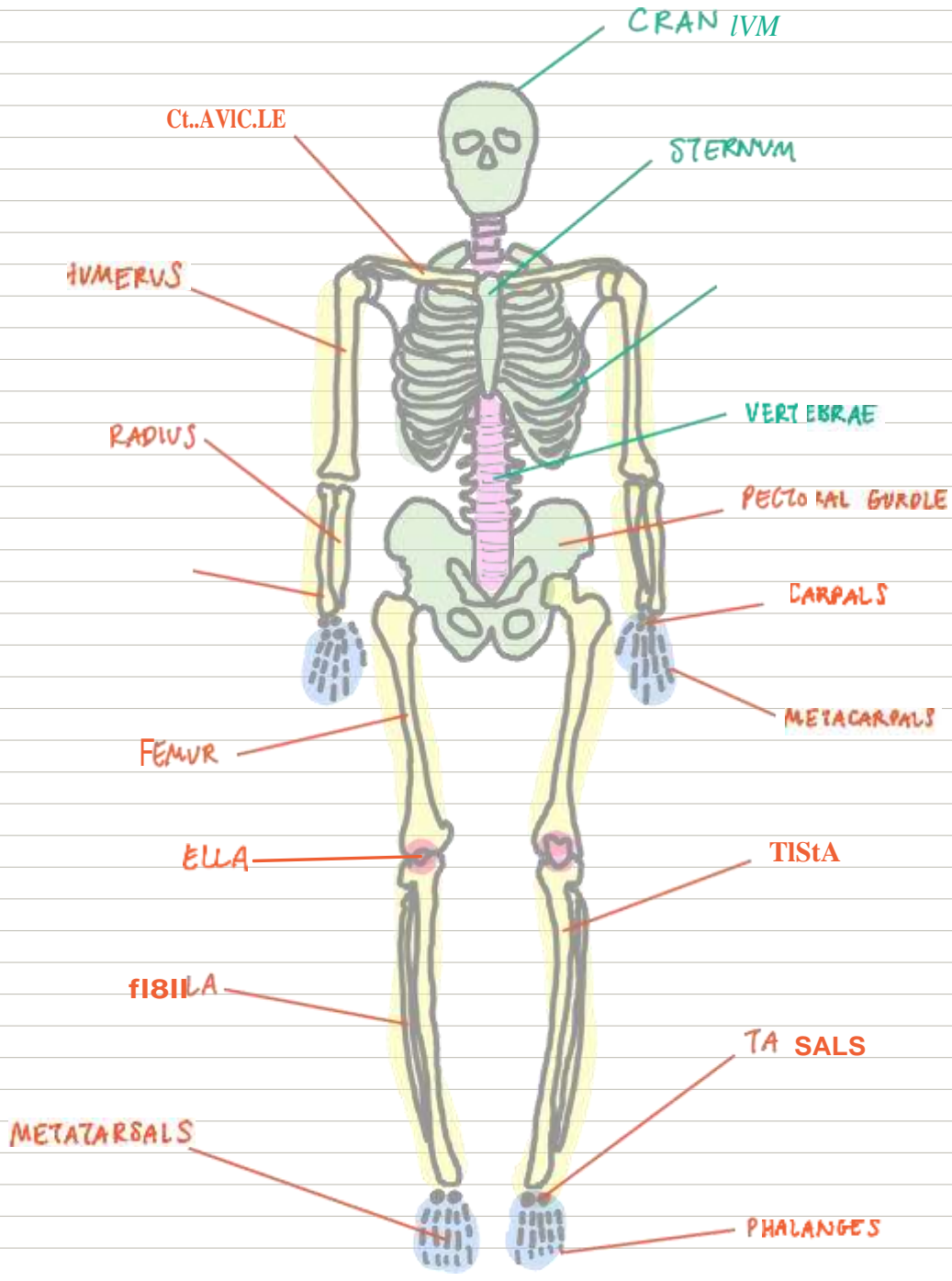
- ↳ CRANIUM
- ↳ RIBS
- ↳ STERNUM
- ↳ VERTEBRAE
 - ↳ Cervical
 - ↳ Thoracic
 - ↳ Lumbar
 - ↳ Sacral
 - ↳ Coccyx

*** APPENDICULAR SKELETON:** Consists of bones which are responsible for movement.

INCLUDES:

- ↳ CLAVICAL
- ↳ SCAPULA
- ↳ RADIUS
- ↳ TIBIA
- ↳ ULNA
- ↳ PELVIC GURDLE
- ↳ HUMERUS
- ↳ FEMUR
- ↳ FIBULA

AXIAL SKELETON	LONG	SHORT
APPENDICULAR SKELETON	FLAT	IRREGULAR



1.1.3 State the four types of bones



LONG BONES:

- * longer than they are wide
- * work as levers
- * long cylindrical shaft with enlarged ends
- * essential for movement
- ↳ e.g. Clavical, femur, radius, ulna, tibia, fibula



SHORT BONES:

- * cubed shaped bones
- * small and compact
- * provides strength for intricate movements
- ↳ e.g. Carpals, metacarpals, tarsals, metatarsals and phalanges



FLAT BONES

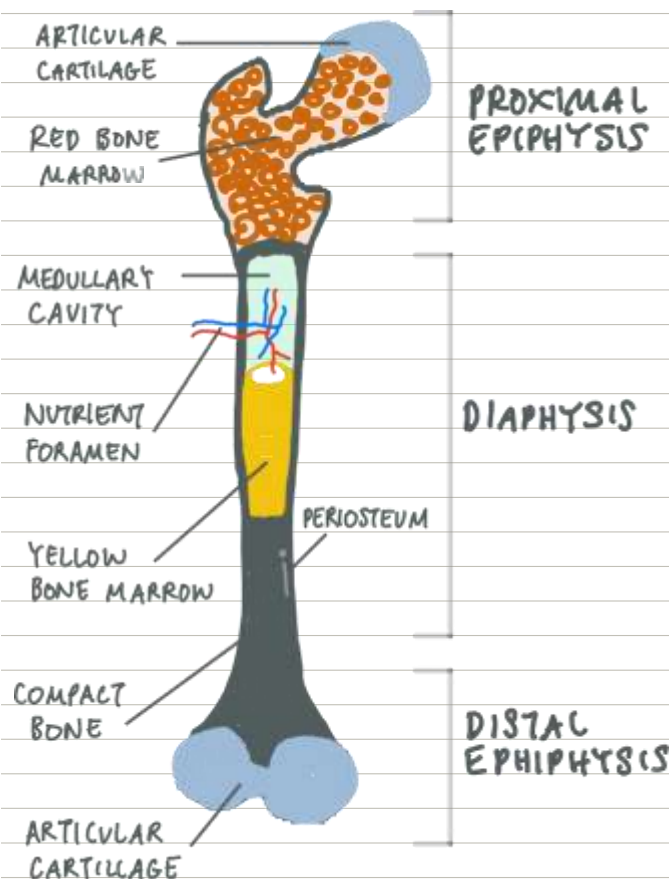
- * have curved surfaces
- * vary from thin to thick
- * protect organs
- * allow for muscle attachment
- ↳ e.g. Sternum, scapula, ribs, pelvis



IRREGULAR BONES:

- * have specialized shapes and functions
- * vary in size, shape and surface area
- * Includes all vertebrae
- ↳ e.g. Sacrum, Cervix, Thoracic, Lumbar, Coccyx, Patella

1.1.4 Draw and annotate the structure of a long bone



* DIAPHYSIS:

- ↳ made up of compact bone (solid)
- ↳ important for protection (resist stress)

* EPIPHESIS:

- ↳ At ends of a bone, made of spongy bone
- ↳ important for red bone marrow storage, and blood cell production

* ARTICULAR CARTILAGE:

- ↳ A thin layer of cartilage at ends
- ↳ important for absorbing shock / ⚡ friction

* PERIOSTEUM:

- ↳ A shiny, white membrane that covers the rest of the bone.

* MEDULLARY CAVITY:

- ↳ Space within the diaphysis that contains red bone marrow (growth/repair) + yellow bone marrow

* NUTRIENT FORAMEN:

- ↳ A small opening in the diaphysis, where blood vessels pass through to enter the medullary cavity
- ↳ provides bone marrow with nutrients via blood