

Name: _____ Class: _____

Joints & Movement Worksheet

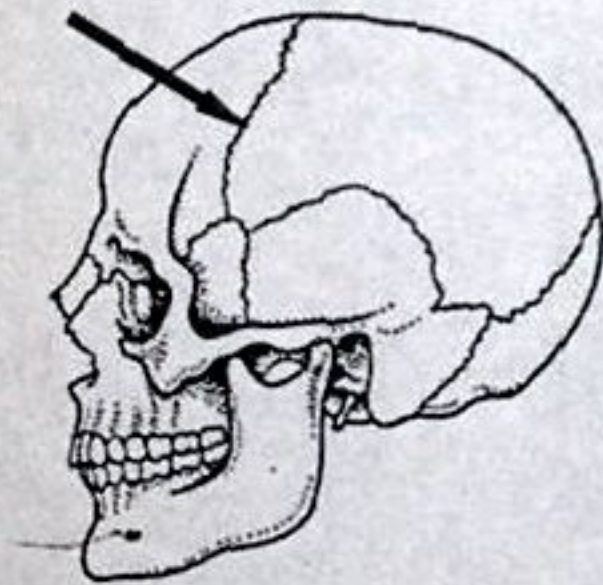
Read your notes and answer the following;

1. What are joints? (2 marks)

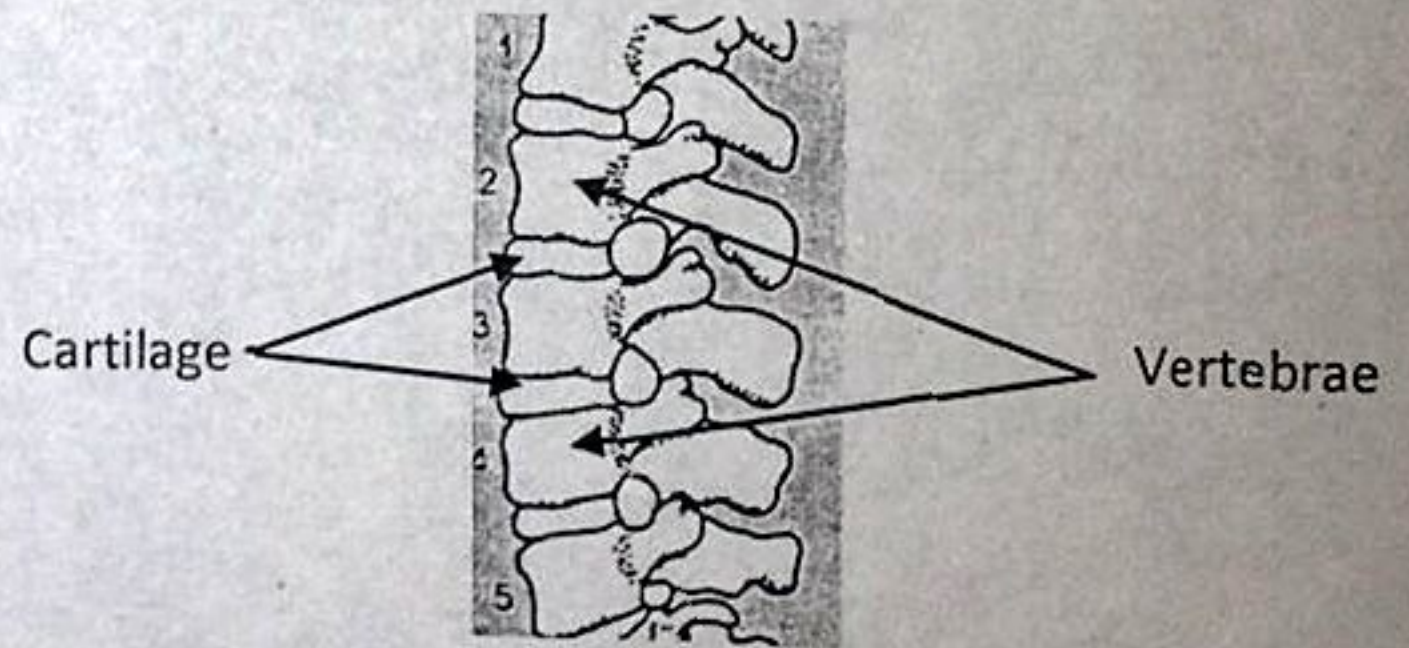
2. What are fixed joints? What is their other name? (2 marks)

3. What are slightly moveable joints? What is their other name? (2 marks)

4. Name the type of joints shown below.



a. _____



b. _____

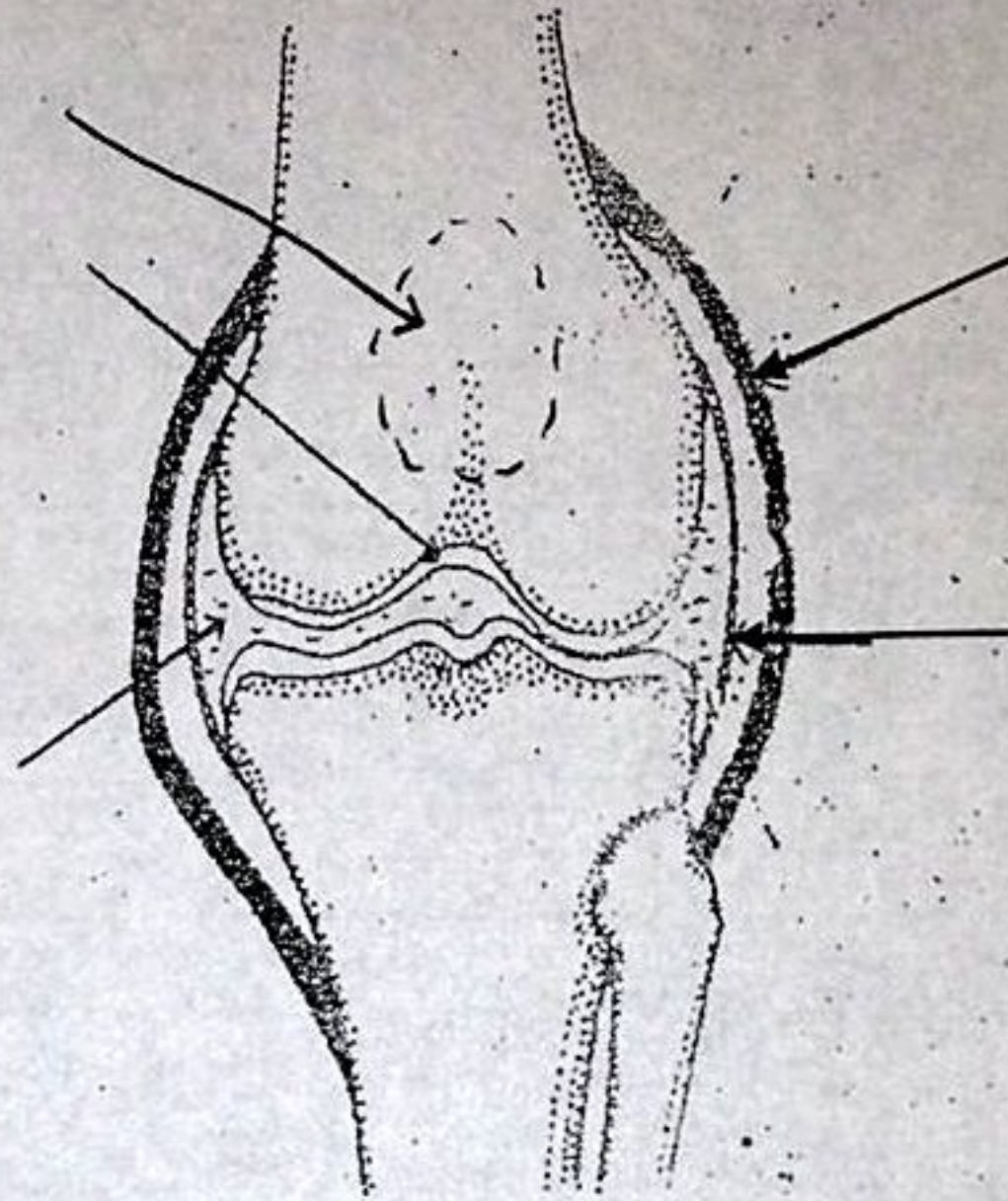
5. What are freely moveable joints? What is their other name? (2 marks)

6. What type of joint is shown in the following diagram? (1 mark)

Name: _____ Class: _____

KNEE JOINT

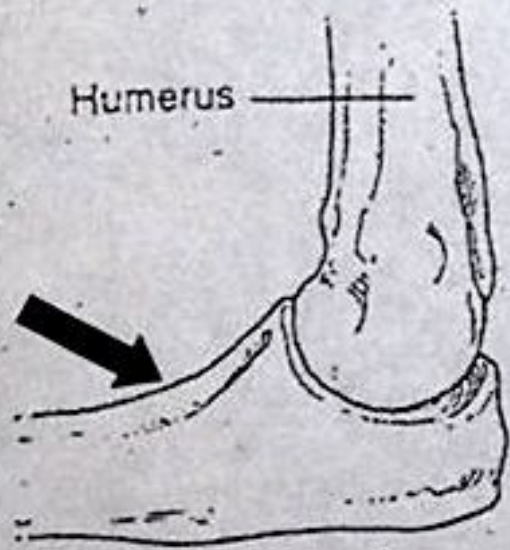
7.) Label the diagram.



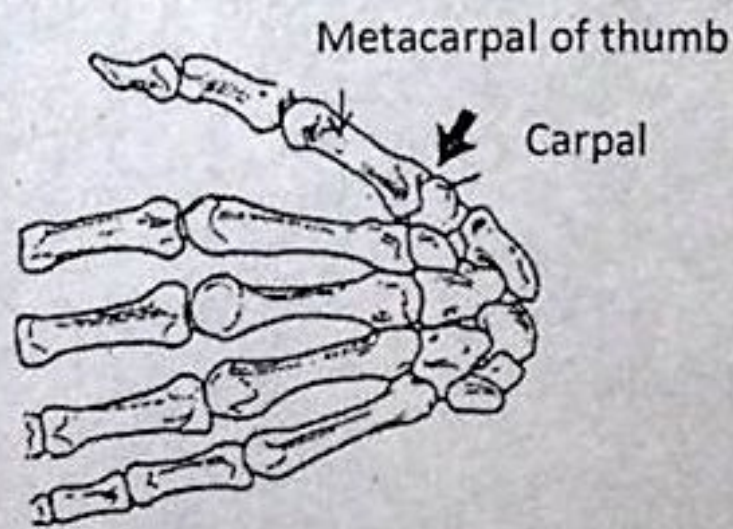
- (6 marks)
- a) Synovial fluid
 - b) Articulating cartilage
 - c) Capsule
 - d) ligament
 - e) bursa

8. Under each picture write the names of the **synovial** joints shown.

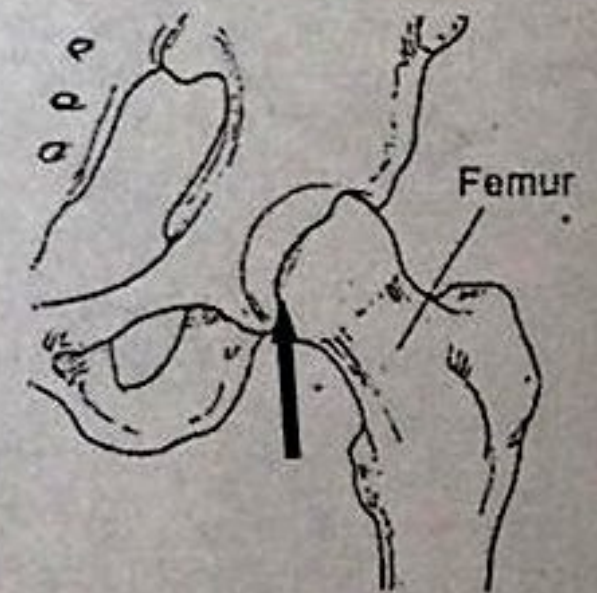
(8 marks)



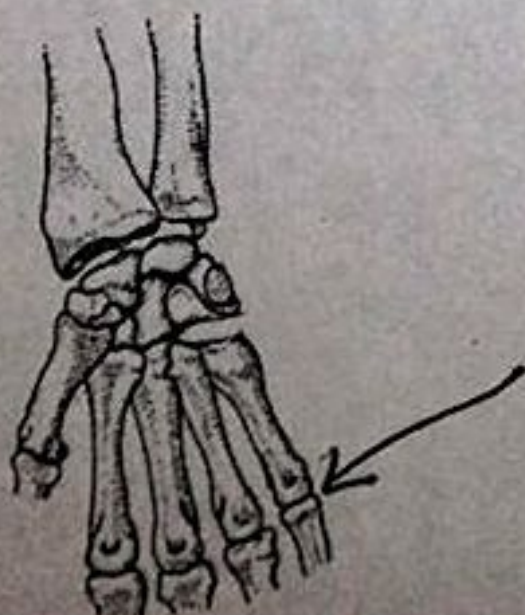
a. _____



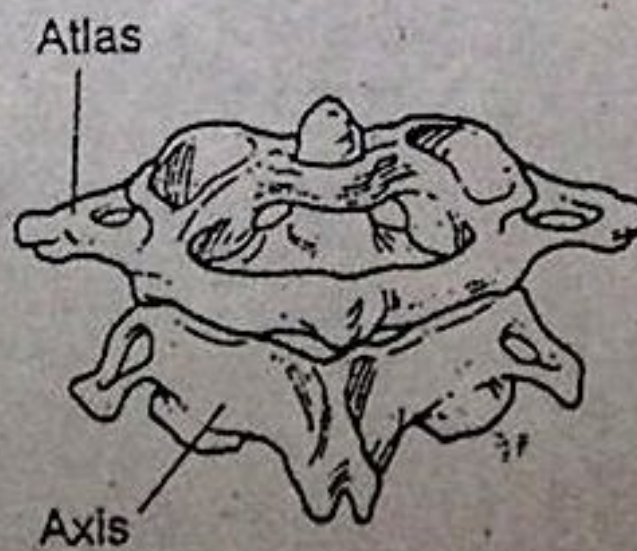
b. _____



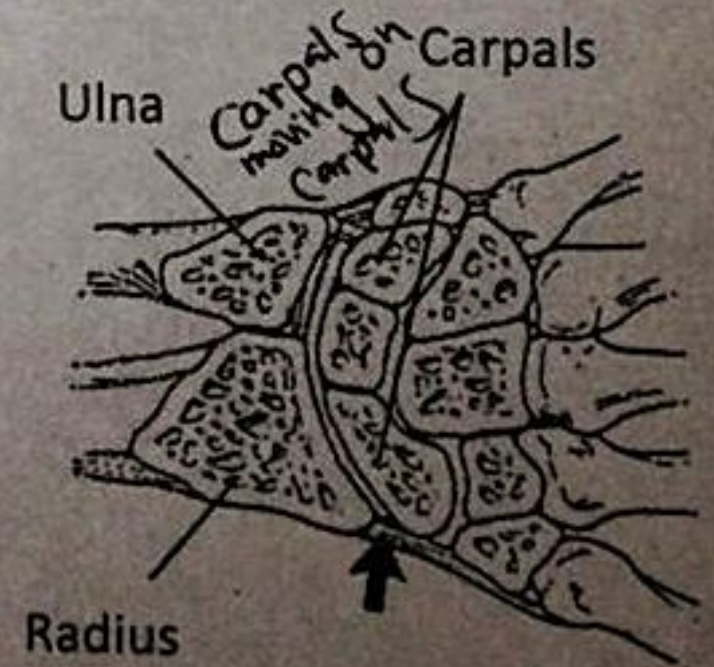
c. _____



d. _____



e. _____



f. _____

Name: _____ Class: _____

9. Identify one area in the body where the following joints can be found.

(6 marks)

- Ball and socket _____
- Hinge _____
- Pivot _____
- Condyloid _____
- Cartilaginous _____

10. Complete the following sentences

(4 marks)

- _____ link bones together and limits the range of movement of a joint.
- _____ protects bones and prevents them from wearing each other down.

11. Describe the following types of movement.

(12 marks)

- Flexion _____

- Extension _____

- Abduction _____

- Adduction _____

- Circumdation _____

- Rotation _____

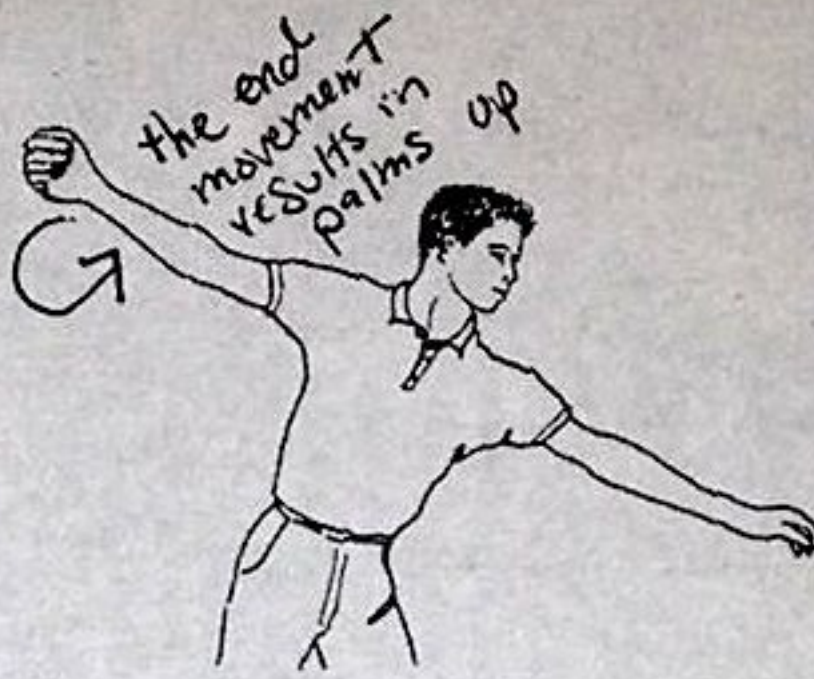
Name: _____ Class: _____

12. Below each picture name the movement that is shown.

(6 marks)



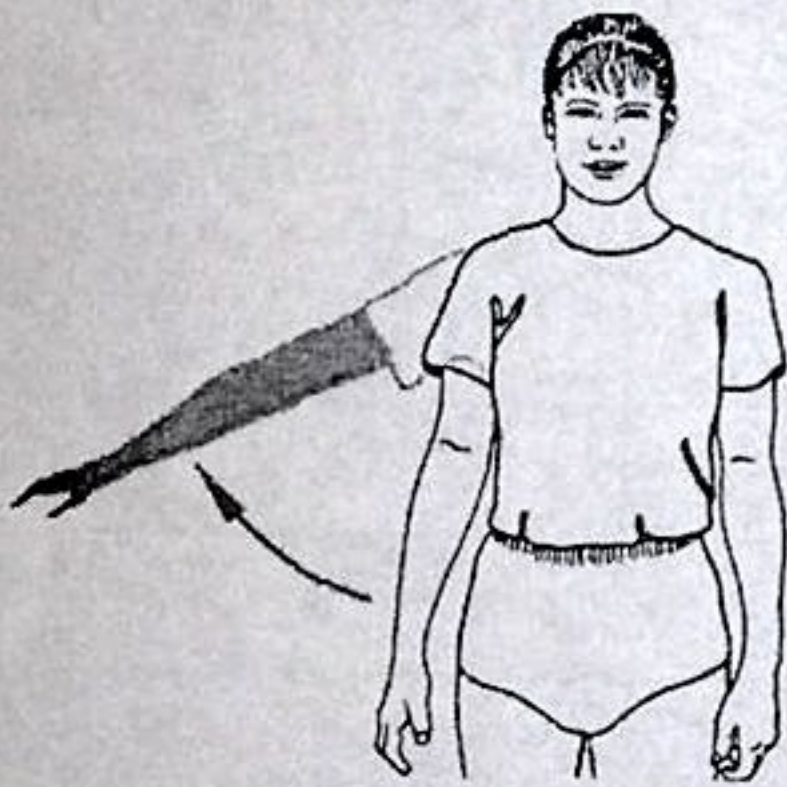
a. _____



b. _____



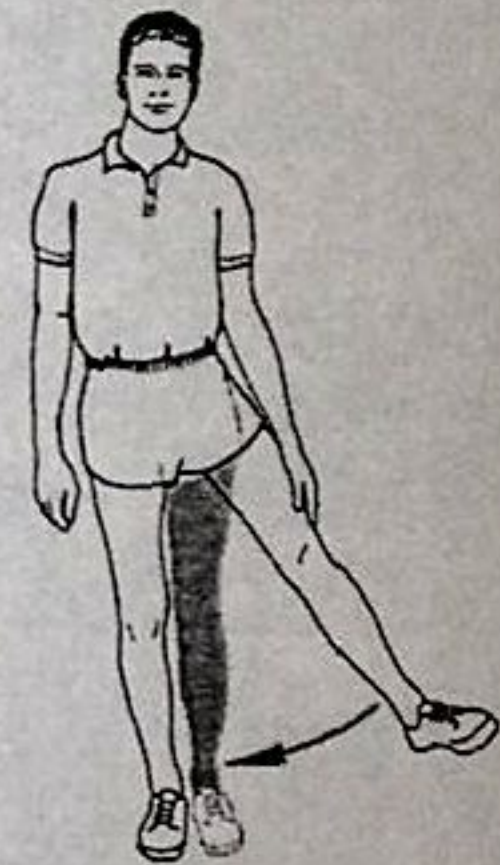
c. _____



d. _____



e. _____



f. _____

13. Identify the type of movements that are allowed by the following joints.

A lot
Little
None

(8 marks)

Type of joint	Movement allowed
Ball and socket	
Pivot	
Hinge	
Condyloid	