

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# THE MUSCULAR SYSTEM

1. MAIN COMPONENT OF BONE
2. MINERAL STORED IN BONE
3. CONNECTIVE TISSUE
4. GROWING TISSUE
5. COVERS THE END OF BONES
6. SPACE WITHIN A SYNOVIAL JOINT
7. FLATTENED FIBROUS SAC
8. WEDGE OF WHITE FIBROCARILAGE
9. FIXED MUSCULAR CONTRACTION
10. MOVES DURING MUSCLE CONTRACTION
11. RESPONSIBLE FOR MOVEMENT
12. OPPOSITE OF THE AGONIST
13. SUPPORTS ARM/LEG FORCES
14. PRIOR TO PHYSICAL ACTIVITY
15. AFTER PHYSICAL ACTIVITY
16. REDUCTION IN BONE DENSITY
17. DEGENERATIVE JOINT DISEASE
18. SMALL PROJECTIONS OF BONE
19. TO MAINTAIN A POSTURE
20. PARTIAL CONTRACTION OF MUSCLE
21. INACTIVE LIFESTYLE
- A. ARTICULAR CARTILAGE
- B. BONE MARROW
- C. OSTEOPOROSIS
- D. COOL DOWN
- E. COLLAGEN
- F. JOINT CAVITY
- G. SEDENTARY
- H. JOINT STABILITY
- I. GROWTH PLATE
- J. BURSA
- K. MUSCLE TONE
- L. CALCIUM
- M. WARM UP
- N. ORIGIN
- O. MENISCUS
- P. OSTEOARTHRITIS
- Q. INSERTION
- R. CORE STABILITY
- S. BONE SPURS
- T. ANTAGONIST MUSCLE
- U. AGONIST MUSCLE