

# International Skin Beauty Academy

## Chapter 20 Test: The Skeletal System

Student Name: \_\_\_\_\_

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

Score: \_\_\_\_\_

### Section 1 | True / False (20 points)

Directions: Circle True or False for each statement.

#	STATEMENT	TRUE	FALSE	HINT
1	Hemopoiesis is an important function of the bones that occurs in the bone marrow.	True	False	p. 490
2	Bones are classified according to density.	True	False	p. 490
3	Epiphyses are the ends of developing bones.	True	False	p. 492
4	Diaphyses are membranes that cover bones, except at their articular surfaces.	True	False	p. 491
5	Compact bone is the dense, hard layer of bone tissue.	True	False	p. 491
6	A joint, also called an articulation, is where two bones connect.	True	False	p. 493
7	A joint that produces no movement is called an amphiarthrotic joint.	True	False	p. 493
8	Abduction is the movement of a body part away from the midline.	True	False	p. 493
9	Inversion is the process of turning outward.	True	False	p. 493
10	Arthritis is the inflammation of one or more joints.	True	False	p. 500
11	Osteoarthritis, the most common type of arthritis, results from years of wear and tear on joints.	True	False	p. 500
12	Bursitis is a disease caused by the formation of crystals in the joints, which leads to inflammation.	True	False	p. 501
13	Gout is inflammation of the bursa, a small sac of fluid that cushions and lubricates an area where joint-related tissues, including bones, tendons, ligaments, muscles, or skin, rub against one another.	True	False	p. 501
14	The ribs protect the body's internal organs.	True	False	p. 490
15	Diaphysis is a function of bone that allows movement.	True	False	p. 491,493
16	The condition called hammertoe is caused by an abnormal flexion of the proximal interphalangeal joint.	True	False	p. 505
17	Rickets is called osteomalacia in adult patients.	True	False	p. 505
18	Another name for a corn is hallux valgus.	True	False	p. 505
19	The carpal tunnel protects the median nerve of the hand and nine tendons.	True	False	p. 502
20	Morning joint stiffness is common with rheumatoid arthritis.	True	False	p. 501

### Section 2 | Multiple Choice (55 points)

Directions: Circle the letter of the single best answer for each question.

1. Bone serves as a storage place for all of the following EXCEPT \_\_\_\_\_.

- A) mineral salts
- B) calcium
- C) phosphorus
- D) potassium

Hint: p. 490

**2.** Osteoporosis affects more than \_\_\_\_\_ million Americans, mostly women between 50 and 70 years of age.

- A) 5
- B) 10
- C) 15
- D) 25

Hint: p. 504

**3.** \_\_\_\_\_ is characterized by the progression of loss of bone density and the thinning of bone tissue.

- A) Osteoporotic
- B) Osteoporosis
- C) Osteopenia
- D) Osteopetrosis

Hint: p. 504

**4.** \_\_\_\_\_ are usually caused by a sudden impact to the joint.

- A) Scars
- B) Fractures
- C) Lesions
- D) Dislocations

Hint: p. 504

**5.** Joints are areas where \_\_\_\_\_ bone(s) come(s) together.

- A) one
- B) two
- C) three
- D) four

Hint: p. 493

**6.** A(n) \_\_\_\_\_ fracture is commonly seen in children in areas where the matrix is undergoing calcification and the chondrocytes are dying.

- A) epiphyseal
- B) compression
- C) Pott
- D) Colles

Hint: p. 503

**7.** A(n) \_\_\_\_\_ fracture occurs in the vertebrae after severe stress, such as when someone falls and lands with a significant amount of force.

- A) epiphyseal
- B) compression
- C) Pott
- D) Colles

Hint: p. 503

**8.** A(n) \_\_\_\_\_ fracture occurs in the ankle and affects both bones of the lower leg (the tibia and fibula).

- A) epiphyseal
- B) compression
- C) Pott's
- D) Colles'

Hint: p. 503

**9.** A(n) \_\_\_\_\_ fracture is the result of reaching forward to stop or cushion a fall and is most frequently seen in children and the elderly.

- A) epiphyseal
- B) compression
- C) Pott's
- D) Colles'

Hint: p. 503

**10.** Babies are born with 270 bones; as they grow into adults, they will only have 206 bones. Which of the following explains why babies have more bones?

- A) Many of the small bones in the hands and feet will form cartilage to allow for more movement as an adult.
- B) Smaller bones in babies turn into red blood cells as the baby grows to accommodate the circulatory system.
- C) The bones in the babies head and spinal column will eventually fuse together.
- D) Babies lose bone mass during the aging process.

Hint: p. 492

**11.** The axial skeleton consists of all of the following EXCEPT \_\_\_\_\_.

- A) vertebrae
- B) pelvic girdle
- C) skull
- D) coccyx

Hint: p. 493

**12.** The appendicular skeleton consists of all of the following EXCEPT \_\_\_\_\_.

- A) upper and lower extremities
- B) clavicles
- C) ribs
- D) scapula

Hint: p. 494

**13.** Bones are classified according to \_\_\_\_\_.

- A) shape
- B) function
- C) color
- D) size

Hint: p. 490

**14.** The end of a developing bone is called \_\_\_\_\_.

- A) epiphysis
- B) diaphysis
- C) periosteum
- D) compact bone

Hint: p. 491

**15.** The dense, hard layer of bone tissue is called \_\_\_\_\_.

- A) epiphysis
- B) diaphysis
- C) periosteum
- D) compact bone

Hint: p. 491

**16.** The shaft of the long bone is called \_\_\_\_\_.

- A) epiphysis
- B) diaphysis
- C) periosteum
- D) compact bone

Hint: p. 491

**17.** \_\_\_\_\_ is the membrane that forms the covering of bones, EXCEPT at their articular surfaces.

- A) Epiphysis
- B) Diaphysis
- C) Periosteum
- D) Compact bone

Hint: p. 491

**18.** The \_\_\_\_\_ is the narrow space or cavity throughout the length of the diaphysis.

- A) medullary canal
- B) endosteum
- C) cancellous
- D) periosteum

Hint: p. 491

**19.** The \_\_\_\_\_ is the tough, connective tissue membrane lining the medullary canal and containing the bone marrow.

- A) medullary canal
- B) endosteum
- C) cancellous
- D) periosteum

Hint: p. 491

**20.** The \_\_\_\_\_ is the reticular tissue that makes up most of the volume of bone.

- A) medullary canal
- B) endosteum
- C) cancellous bone
- D) periosteum

Hint: p. 491

**21.** As children grow, bones become harder as more \_\_\_\_\_ are deposited into the bone.

- A) vitamins
- B) minerals
- C) markings
- D) cancellous

Hint: p. 492

**22.** A(n) \_\_\_\_\_, also called an articulation, is located at the place where two bones connect.

- A) joint
- B) agreement
- C) canal
- D) furrow

Hint: p. 493

**23.** Which joint produces no movement?

- A) Synarthrotic
- B) Amphiarthrotic
- C) Diarthrotic
- D) Biarthrotic

Hint: p. 493

**24.** Which joint allows for free movement in a variety of directions?

- A) Synarthrotic
- B) Amphiarthrotic
- C) Diarthrotic
- D) Biarthrotic

Hint: p. 493

**25.** Which joint permits very slight movement?

- A) Synarthrotic
- B) Amphiarthrotic
- C) Diarthrotic
- D) Biarthrotic

Hint: p. 493

**26.** What is TRUE about skeletal system changes?

- A) Skeletal system changes mostly occur from changes in cartilage during the aging process. B)
- Children grow taller as the compact bone expands during the aging process.
- C) Cartilage becomes soft and spongy as a person ages. D)
- Bone healing slows as a person ages.

Hint: p. 492

**27.** Which of the following is NOT one of the symptoms of arthritis?

- A) Joint pain and swelling
- B) Morning stiffness
- C) Warmth and redness around a joint
- D) Bloodshot or red eyes

Hint: p. 500

**28.** \_\_\_\_\_, sometimes referred to as "hump back," is a result of the normal thoracic curvature becoming exaggerated.

- A) Kyphosis
- B) Scoliosis
- C) Lordosis
- D) Lyphosis

Hint: p. 498

**29.** The onset of joint disease is more likely to occur during aging, as evidenced by which indication?

- A) Less joint movement
- B) Less bone marrow production
- C) Hardening of bones from an increase of mineral deposits
- D) Functioning of osteoblasts slows down

Hint: p. 492

**30.** Which statement is NOT true when comparing the female pelvis with the male pelvis?

- A) The female pelvis is more suited for running.
- B) The male pelvis is stronger.
- C) The male pelvis is heavier.
- D) The female pelvis is shaped more like a basin.

Hint: p. 495

**31.** Which of the following is NOT an example of a diarthrotic joint?

- A) Elbow
- B) Wrist
- C) Vertebrae
- D) Knee

Hint: p. 493

**32.** Which of the following is NOT one of the six main functions of the skeletal system?

- A) Formation of arterial plaque
- B) Providing the shape, support, and framework of the body
- C) Providing protection for the body's internal organs
- D) Serving as a storage place for mineral salts, calcium, and phosphorus

Hint: p. 505

**33.** Which description is NOT one of the six common bone shapes?

- A) Flat
- B) Long
- C) Short
- D) Square

Hint: p. 490

**34.** Fractures are classified based on all of the following EXCEPT \_\_\_\_\_.

- A) break in the skin
- B) site
- C) nature of the crack or break
- D) color

Hint: p. 503

**35.** Treatment for bursitis usually involves all of the following EXCEPT \_\_\_\_\_.

- A) antibiotics
- B) pain medication
- C) exercise
- D) steroid injection

Hint: p. 502

**36.** All of the following can be used for the treatment of gout EXCEPT \_\_\_\_\_.

- A) caffeine
- B) diet rich in colorful vegetables
- C) diet rich in cooked vegetables
- D) medications

Hint: p. 501

**37.** \_\_\_\_\_, also known as "swayback," is a condition in which the abdomen and buttocks protrude because of an exaggerated lumbar curvature.

- A) Kyphosis
- B) Lordosis
- C) Cyphosis
- D) Mordosis

Hint: p. 498

**38.** The \_\_\_\_\_ skeleton is the central portion of the skeleton.

- A) distal
- B) appendicular
- C) medial
- D) axial

Hint: p. 493

**39.** The medullary canal contains \_\_\_\_\_ bone marrow, which is made of fat cells.

- A) blue
- B) yellow
- C) green
- D) red

Hint: p. 491

**40.** The spongy bone contains \_\_\_\_\_ bone marrow, which manufactures most of the red blood cells found in the body and is found in the long bone.

- A) blue
- B) yellow
- C) green
- D) red

Hint: p. 491

**41.** \_\_\_\_\_ is/are a primary component(s) of the skeletal system, which consist of 50% water and 50% solid matter.

- A) Bones
- B) Blood
- C) Tendons
- D) Ligaments

Hint: p. 489

**42.** Joints are always classified according to the type of \_\_\_\_\_ they provide.

- A) lubrication
- B) pain
- C) movement
- D) noise

Hint: p. 493

**43.** Also known as a simple fracture, a(n) \_\_\_\_\_ fracture does NOT involve a break in the skin. This type of fracture is completely internal.

- A) closed
- B) open
- C) comminuted
- D) transverse

Hint: p. 503

**44.** In a(n) \_\_\_\_\_ fracture, part of the bone is shattered into a multitude of bony fragments.

- A) closed
- B) open
- C) comminuted
- D) transverse

Hint: p. 503

**45.** \_\_\_\_\_ fractures are spread along the length of a bone and are produced by twisting stresses.

- A) Spiral
- B) Greenstick
- C) Transverse
- D) Comminuted

Hint: p. 503

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**46.** A \_\_\_\_\_ fracture usually occurs in young children whose bones are still relatively soft.

- A) spiral
- B) greenstick
- C) transverse
- D) comminuted

Hint: p. 503

**47.** A \_\_\_\_\_ fracture breaks the shaft of the bone across its longitudinal axis.

- A) spiral
- B) greenstick
- C) transverse
- D) comminuted

Hint: p. 503

**48.** A \_\_\_\_\_ fracture occurs when the bone has broken through the skin.

- A) spiral
- B) greenstick
- C) transverse
- D) compound

Hint: p. 503

**49.** The metatarsals and phalanges can be identified as which section(s) of the appendicular skeleton?

- A) Pelvic girdle
- B) Female pelvis
- C) Upper and lower extremities
- D) Clavicles and scapula

Hint: p. 494-495

**50.** Cartilage-forming cells are called \_\_\_\_\_.

- A) osteocytes
- B) melanocytes
- C) hemocytes
- D) chondrocytes

Hint: p. 503

**51.** How did greenstick fractures get their name?

- A) They occur mainly in children.
- B) The broken bone has a greenish appearance.
- C) The unbroken side of the bone shaft is bent like a plant stick.
- D) They heal rapidly.

Hint: p. 503

**52.** Which of the following is NOT a sign of a dislocation?

- A) Stooped posture
- B) Intense pain
- C) Bruising
- D) Discoloration

Hint: p. 504

**53.** A woman who experiences menopause early may be at risk for \_\_\_\_\_.

- A) osteoporosis
- B) gout
- C) osteomalacia
- D) hallux valgus

Hint: p. 504

**54.** Which of the following is NOT considered a cause of rickets?

- A) Vitamin D deficiency
- B) Calcium deficiency
- C) Vitamin C deficiency
- D) Genetics

Hint: p. 504-505

**55.** Who has the lowest risk for developing osteoporosis?

- A) Obese men
- B) Slender Asian women
- C) Caucasian women
- D) Obese African-American women

Hint: p. 500