1.1 Musculoskeletal System: Bones, Joints and Muscles: Test Pack

AQA 8582 · Calculators not allowed · about 15 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which type of joint is found at the knee?

- [ ] A) Ball and socket
- [ ] B) Hinge
- [ ] C) Pivot
- [ ] D) Condyloid

(Total for Question 1 is 1 mark)

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2 The skeleton performs several important functions in the body.

(a) State one function of the skeleton related to the body's shape and posture. **(1)**

(b) State one function of the skeleton related to keeping internal organs safe from damage. **(1)**

(c) State one function of the skeleton that allows the body to move. **(1)**

(d) State one function of the skeleton related to making new blood cells. **(1)**

(Total for Question 2 is 4 marks)

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3 A gymnast performs a handstand, supporting their entire body weight through both wrists.

(a) Name the type of joint found at the wrist, and describe the movements it allows. **(2)**

(Total for Question 3 is 2 marks)

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4 Explain why bones classified as 'short bones', such as the carpals found in the wrist, are suited to supporting body weight in a position such as a handstand.

(Total for Question 4 is 2 marks)

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5 Table 2 describes five bones of the skeleton, with the name of each bone missing.

Table 2

Part	Description of bone
(a)	The collarbone
(b)	The breastbone
(c)	The shoulder blade
(d)	The kneecap
(e)	The thinner of the two bones in the lower leg

(a) Name the bone described in row (a) of Table 2. **(1)**

(b) Name the bone described in row (b) of Table 2. **(1)**

(c) Name the bone described in row (c) of Table 2. **(1)**

(d) Name the bone described in row (d) of Table 2. **(1)**

(e) Name the bone described in row (e) of Table 2. **(1)**

(Total for Question 5 is 5 marks)

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6 During a star jump, a performer raises both straight arms out to the sides until they are level with the shoulders.

(a) Name the joint action taking place at the shoulder joint. **(1)**

(b) Name the agonist (prime mover) muscle for this joint action. **(1)**

(Total for Question 6 is 2 marks)

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Mark scheme · 1.1 Musculoskeletal System: Bones, Joints and Muscles: Test Pack

Question 1

B (hinge) **B1**

Answer: B (hinge)

Question 2

(a) support (maintains the body's shape and holds it upright), oe **B1**

(a) Answer: Support

(b) protection (e.g. the cranium protects the brain, the ribs protect the heart and lungs), oe **B1**

(b) Answer: Protection

(c) movement (bones act as levers and provide attachment points for muscles at joints), oe **B1**

(c) Answer: Movement

(d) production of blood cells (red bone marrow produces red blood cells, white blood cells and platelets), oe **B1**

(d) Answer: Production of blood cells

Question 3

(a) condyloid joint **B1**

(a) allows flexion, extension, abduction and adduction, but not rotation, oe **B1**

(a) Answer: The wrist is a condyloid joint, allowing flexion, extension, abduction and adduction, but not rotation.

Question 4

short bones are roughly cube-shaped and compact, giving them strength (and stability), oe **B1**

several short bones packed closely together (as in the wrist) share the load between them while still allowing some flexibility/shock absorption, oe **B1**

Answer: Short bones are compact and roughly cube-shaped, which gives them strength; several of them packed closely together, as in the wrist, share the load of the body weight between them while still allowing some flexibility.

Question 5

(a) clavicle **B1**

(a) Answer: Clavicle

(b) sternum **B1**

(b) Answer: Sternum

(c) scapula **B1**

(c) Answer: Scapula

(d) patella **B1**

(d) Answer: Patella

(e) fibula **B1**

(e) Answer: Fibula

Question 6

(a) abduction **B1**

(a) Answer: Abduction

(b) deltoid (accept middle/lateral deltoid) **B1**

(b) Answer: Deltoid

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