

Skeletal System-

1. Supports - holds up ex: vertebrae
2. protection ex: sternum
3. movement ex: humerus
4. makes minerals (calcium)
5. makes blood cells in marrow
6. storage of minerals and fats

bones- hardened white tissues

w/ spongy material + marrow

cartilage- tissue that is softer than bone.

but harder than muscle (found in joints)

ligaments-

rope-like tissue that connects two bones

joints: places where bones meet

Muscular System-

4 main functions: ① movement

② posture

③ keep joints stable

④ heat production

muscle- tissue that causes motion

when moved

cardiac muscle- heart

in pairs

smooth muscle- found in organs, blood vessels, + hair

follicles

skeletal muscle- connected to bone

voluntary- muscles controlled by signals you send

involuntary- muscles controlled by the brain in a rhythm.

from your brain.
to your muscles.

extend- to stretch out

flex/contract- to shorten

tendon- tissue that connects muscle + bone