

## Unit 1: Anatomy and Physiology

### Chapter 5: The Skeletal and Articular Systems Overview

#### Section 5.1 Using Anatomical Terminology:

- Know the anatomical positions, planes and axes
- Be able to describe the movements of joints

#### Section 5.2 The Human Skeleton:

- Know the role and 5 main functions of the Skeletal System
- Know the 5 types of bones

#### Section 5.3 The Structure of the Skeleton

- Know all key terms
- Know what the axial and appendicular skeletons are
- Know the anatomy of a long bone

#### Section 5.4 Bone Injuries and Bone Disease

- Know what fractures are and examples
- Be able to discuss the effects of aging on the Skeletal System

#### Diagrams

- Be able to label diagrams of the following (pages 130 – 142):
  - Anterior and posterior views of the human skeleton
  - The bones of the skull
  - The vertebral column
  - The anterior and posterior views of the thoracic cage
  - Different views of the scapula
  - The humerus, ulna and radius
  - The bones of the hand
  - The pelvis
  - The femur, fibula and tibia
  - The bones of the foot.

#### Table 5.2 on page 143:

- Know specific bone landmarks and muscle origins and insertions

#### Section 5.5 The Different Types of Human Joints

- Know the structural classifications of joints and their classification based on anatomical groupings

#### Section 5.6 and 5.7 Types and Characteristics of Synovial Joints

- Know the 6 types of synovial joints and characteristics of them

#### Section 5.8 Joint Related Injuries

- Know the different types of injuries and how to treat them.
- Know specifics about shoulder, knee and ankle injuries

