# Chapter 19: Skin and Skeleton

## 19A

What type of tissue are blood and bones?

What type of tissue lines your body, on the outside?

## 19B

What are the two layers of your skin? What type of tissue composes each layer?

What causes acne?

What two things occur in your skin to keep you cool?

How is sunlight both helpful and potentially harmful?

## 19C

What are the four functions of the skeletal system?

What two minerals are especially important for bones?

What part of the bone produces red blood cells?

Besides bone, what 5 other tissues are important to the skeletal system?

Give examples of the following types of joints:

* Hinge
* Ball and socket
* Gliding

List 10 important bones in the body with their general placement, i.e. (patella--knee)

## 19D

What is the difference between involuntary and voluntary muscles?

What organ has involuntary, striated muscle?

Do muscles work by pushing or pulling?

How do muscles get the energy they need to function?

What are two explanations for cramps or sore muscles after exercising?

How do muscles help regulate body temperature?

List 10 major muscles of the body with their general location, i.e. (trapezius—shoulders)

## Vocab 19

Posterior, Anterior, Superior, Inferior

Epithelial cells

Nerve tissues

Connective tissues

Muscle tissues

Organs

The 11 Organ Systems:

Epidermis v Dermis

Melanin

Subcutaneous layer

Tendons

Ligaments

Red Bone Marrow

Cartilage

Skeletal muscles v striated muscles

Smooth muscles v. cardiac muscles