

UNIT 4 - SKELETAL SYSTEM

ACTIVITY - The Appendicular Skeleton Worksheet

Name _____ Period _____

1. Which bones form the pectoral girdle? Do these bones articulate (form a joint) with vertebrae or ribs?
2. List the bone (or groups of bones) in the upper extremity from proximal to distal. Indicate how many of each one there are. The first one is done for you. Remember you have the same bones on both your right and left sides!

BONE(S)	NUMBER
a. Humerus	2
b.	
c.	
d.	
e.	
f.	

3. Complete the following:
 - a. List the bones that form the pelvic girdle?
 - b. Which bones form the pelvis?
 - c. Each coxal (hip) bone originates as three bones which fuse early in life. These bones are the _____, _____, and _____. At what location do the bones fuse?
 - d. The largest of the three bones is the _____. A ridge along the superior border is called the iliac crest. Locate this on yourself.
4. You are hunting in the woods and run upon a skeleton hanging in a tree. After you recover from the extreme shock, you decide to investigate. You determine that the skeleton is that of a man. How did you know?

5. List the bones (or groups of bones) in the lower extremity from proximal to distal. Indicate how many of each bone there are. The first one is done for you.

BONE	NUMBER
a. Femur	2
b.	
c.	
d.	
e.	
f.	
g.	

6. Complete the following table relating to common and anatomical names of bones.

COMMON NAME	ANATOMICAL NAME
a. Shoulder blade	
b.	Pollex
c. Collarbone	
d. Heel bone	
e.	Olecranon process
f. Kneecap	
g.	Tibial crest
h. Toes	
i. Palm of hand	
j. Wrist bones	

WORKSHEET - Appendicular Skeleton - KEY

1. Two clavicles and two scapulas; no
2.
 - a. humerus, 2
 - b. ulna, 2
 - c. radius, 2
 - d. carpals, 16
 - e. metacarpal, 10
 - f. phalanges, 28
3.
 - a. two coxal bones or hipbones
 - b. the hipbones plus the sacrum and coccyx
 - c. ilium , ischium, pubis
 - d. ilium
4. The pubic arch of a male is less than 90 degrees
5.
 - a. femur, 2
 - b. patella, 2
 - c. tibia, 2
 - d. fibula, 2
 - e. tarsals, 14
 - f. metatarsals, 10
 - g. phalanges, 28
6.
 - a. scapula
 - b. thumb
 - c. clavicle
 - d. calcaneus
 - e. elbow
 - f. patella
 - g. shinbone
 - h. phalanges
 - i. metacarpals
 - j. carpals