Joints

A. Choose the Correct Answer:

1. What is the function of joints in the skeletal system?

- A) To produce blood cells
- B) To help in movement and flexibility
- C) To store minerals
- D) To protect internal organs

2. Which type of joint allows movement in all directions?

- A) Hinge joint
- B) Ball and socket joint
- C) Pivot joint
- D) Fixed joint

3. Where can you find a hinge joint in the human body?

- A) Shoulder
- B) Elbow
- C) Neck
- D) Hip

B. Fill in the Blanks:

- 1. ______ joints allow movement in all directions, such as the shoulder and hip joints.
- 2. The knee and elbow have ______ joints, which allow movement in only one direction.
- 3. The ______ joint in the neck allows the head to rotate.

C. Case Study:

Aarav was playing basketball when he twisted his ankle.

- The doctor explained that the ankle is made up of several joints that allow movement.
- He mentioned that the hinge joint in the ankle helps in bending and straightening the foot.
- The doctor advised Aarav to rest and apply ice to reduce swelling.
- Aarav learned that different types of joints allow different movements in the body.

Case Study Questions:

- 1. Which type of joint is present in Aarav's ankle?
- 2. How does the hinge joint help in foot movement?
- 3. Why did the doctor advise Aarav to rest his ankle?
- 4. Name two other body parts where hinge joints are found.

D. Short Answer Questions:

- 1. What are joints?
- 2. Name two types of movable joints and give one example of each.
- 3. What is the difference between fixed joints and movable joints?

E. Long Answer Questions:

- 1. Explain the different types of joints in the human body with examples.
- 2. How do joints help in body movement and flexibility?
- 3. Why are joints important for physical activities?