Lesson Five

Sports Medicine I

Unit Two: Anatomy – Skeletal System

Classification of Bones

Terminology

Metabolism

Bone Marrow

Characteristics of Bone Tissue

Use & Disuse

Bone tissue is very \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ material.

Compact bone

Spongy bone

Functions of Bones

Support

Protection

Movement

Supply

Classification of bones by shape

Long bones

Short bones

Flat bones

Irregular bones

Sesamoid bones

Parts of a long bone

Epiphysis

Articular or Hyaline cartilage

Epiphyseal plate

Diaphysis

Periosteum