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