

1. What is the definition of bones?
2. What is the role of bones?
3. What are the two types of bone tissue?
4. What is compact bone tissue and where can it be found?
5. What is spongy bone tissue and where can it be found?
6. What is cartilage?
7. What does red marrow do?
8. What does yellow marrow do?
9. What is a pivot joint?
10. Where is there a pivot joint in your body?
11. What is a ball and socket joint?
12. Where is there a socket joint in your body?
13. What is a hinge joint?
14. Where is there a hinge joint in your body?
15. What is a ligament?
16. What are ligaments for?
17. What is a smooth muscle?
18. Where in the body can you find a smooth muscle?
19. What is a cardiac muscle?
20. Where in the body can you find a cardiac muscle?
21. What is a skeletal muscle?
22. Where in the body can a skeletal muscle be found?
23. What happens when a muscle contracts?
24. What is osteoporosis?
25. What is a fracture?
26. What is a sprain?
27. What is a strain?
28. What is a muscle cramp?
29. What can you do to keep your bones healthy and strong?