

Health Test #3 Study Guide
Cumulative: Chapters 1 - 7
On: _____Monday October 30_____

A. **Vocabulary to Know:**

Bones and Joints

- **Ball-And-Socket:** The joint that allows the arm and leg to move in many different directions
- **Clavicle:** Another name for the collarbone
- **Vertebrae:** the 33 bones that make up the spinal column
- **Shoulder Blade:** Another name for the scapula
- **Sinuses:** hollow spaces located in the front of the skull
- **Ligament:** A band of tough fibers which connects one bone to another
- **Cranium:** the flat bones of the skull
- **Metatarsal:** a long bone of the foot

Muscles

- **Cardiac Muscle:** The heart muscle
- **Tendon:** Fibers which connect muscle to bone
- **Muscle Tone:** The gentle pulling of muscles against each other
- **Trapezius:** a muscle in the shoulder

The Respiratory System

- **Aerobics:** Exercises which help your lungs use more energy with less effort
- **Larynx:** Another name for the voice box
- **Alveoli:** tiny air sacs at the end of the bronchioles
- **Cilia:** The hair-like structures along the surface of the mucous membrane that are located in the air passages
- **Mucus:** A sticky fluid produced by the mucous membrane
- **Epiglottis:** The flap of cartilage which covers the windpipe when swallowing
- **Bronchi:** the two branches of the trachea

Skin and Nails

- **Subcutaneous Layer:** The fatty layer of skin that stores energy
- **Sebum:** An oily substance produced by the oil glands
- **Epidermis:** the outer layer of skin
- **Melanin:** a dark colored pigment

Self-Care and Hygiene

- **Cuticle:** The hardened skin around a nail
- **Habit:** Something you do without thinking
- **Posture:** The way you hold your body
- **Malocclusion:** The improper fitting together of the upper and lower teeth
- **The Sunshine Vitamin:** Vitamin D (because it comes from the sun)
- **Dental Carries:** another name for cavities
- **Plaque:** a film of harmful bacteria

B. Be able to list at least 3 signs of infection:

Redness, swelling, pus, throbbing pain

C. Facts to Know:

- There are 206 bones in the human body
- There are 33 bones in the spinal column that make up the vertebrae
- The hardest substance in the body is **enamel**
- Aerobic exercises help your lungs use more oxygen with less effort

D. Spiritual Health

Spiritual Food: Reading the Bible

Spiritual Exercise: Obeying God / doing good deeds

Spiritual Rest: Having quiet time with God

Spiritual Cleansing: Confessing your sin

E. Be able to label the following bones on the body:

Skull, clavicle, scapula, sternum, ribs, vertebrae, patella, and phalanges.

F. Describe the correct way to lift a heavy object:

Keeping your back straight, bend your knees and lift with your legs!