

**✓ CHECK YOUR LEARNING**

**Suggested Answers**

1. The main functions of the musculoskeletal system are movement, support, and protection.
2. A ligament exists in joints between bones to prevent scraping or damage to bones. A tendon connects a muscle to a bone, so the muscular contraction can move the bone.
3. Skeletal muscle is voluntary because it does not move on its own like cardiac muscle or smooth muscle in the intestines.
4. Diagram should show front calf muscle straightening the leg and rear calf muscle pulling the calf up. This diagram should be similar to Figure 5 on page 100.
5. Loss of calcium can cause a decrease in bone density. In senior citizens, the bone density has been decreasing for a long time, so bones are weaker, more brittle, and easier to break.
6. The leg muscles would have a lot of fast twitch muscle fibres to allow us to run fast.