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Crash Course Anatomy & Physiology #19: The Skeletal System

Name: _____ Date: _____

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1. Astronauts in space can suffer up to 1-2 percent _____ loss every month.
2. Bones are made of active _____ tissue that constantly regenerates and repairs.
3. Your bones store essential minerals like calcium and _____.
4. The process of blood cell formation in bone marrow is called _____.
5. Bones help maintain _____ by regulating calcium levels and producing osteocalcin.
6. The skeleton is divided into the axial and _____ groups.
7. The bones of the skull, vertebral column, and rib cage make up the _____ skeleton.
8. Long bones have a shaft called the _____ and flared ends called epiphyses.
9. The hollow _____ cavity inside long bones is filled with yellow marrow.
10. The basic structural units of compact bone are cylindrical structures called _____.
11. The concentric tubes of an osteon are called _____.
12. Small spaces in bone matrix that house osteocytes are called _____.
13. Bone-building cells are called _____, while bone-breaking cells are _____.
14. The process of breaking down bone tissue and releasing minerals into the blood is called _____.
15. The continuous cycle of bone breakdown and rebuilding is known as bone _____.

Crash Course Anatomy & Physiology #19: The Skeletal System KEY

1. Astronauts in space can suffer up to 1-2 percent **bone** loss every month.
2. Bones are made of active **connective** tissue that constantly regenerates and repairs.
3. Your bones store essential minerals like calcium and **phosphate**.
4. The process of blood cell formation in bone marrow is called **hematopoiesis**.
5. Bones help maintain **homeostasis** by regulating calcium levels and producing osteocalcin.
6. The skeleton is divided into the axial and **appendicular** groups.
7. The bones of the skull, vertebral column, and rib cage make up the **axial** skeleton.
8. Long bones have a shaft called the **diaphysis** and flared ends called epiphyses.
9. The hollow **medullary** cavity inside long bones is filled with yellow marrow.
10. The basic structural units of compact bone are cylindrical structures called **osteons**.
11. The concentric tubes of an osteon are called **lamellae**.
12. Small spaces in bone matrix that house osteocytes are called **lacunae**.
13. Bone-building cells are called **osteoblasts**, while bone-breaking cells are **osteoclasts**.
14. The process of breaking down bone tissue and releasing minerals into the blood is called **resorption**.
15. The continuous cycle of bone breakdown and rebuilding is known as bone **remodeling**.

15 Questions

Answer Key Included

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