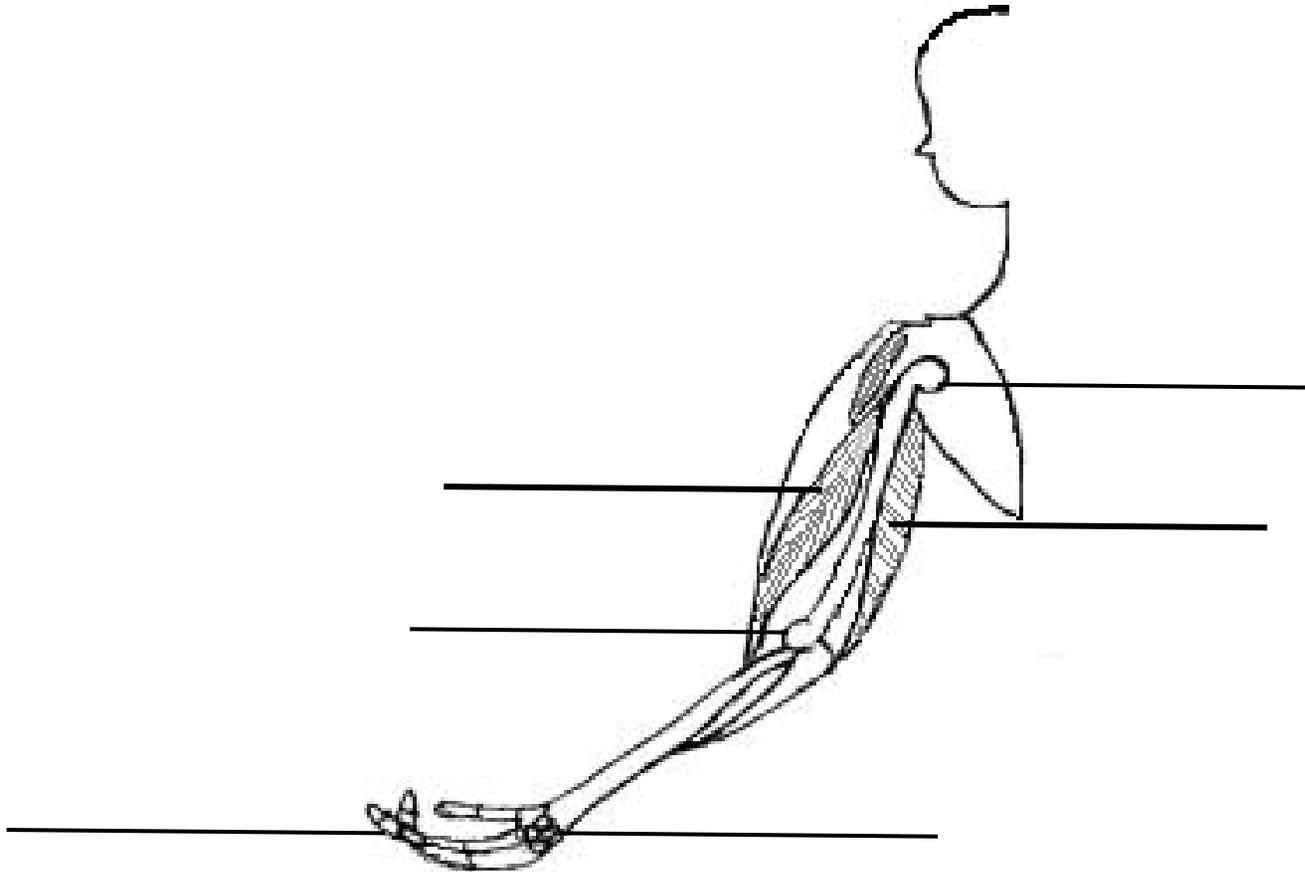


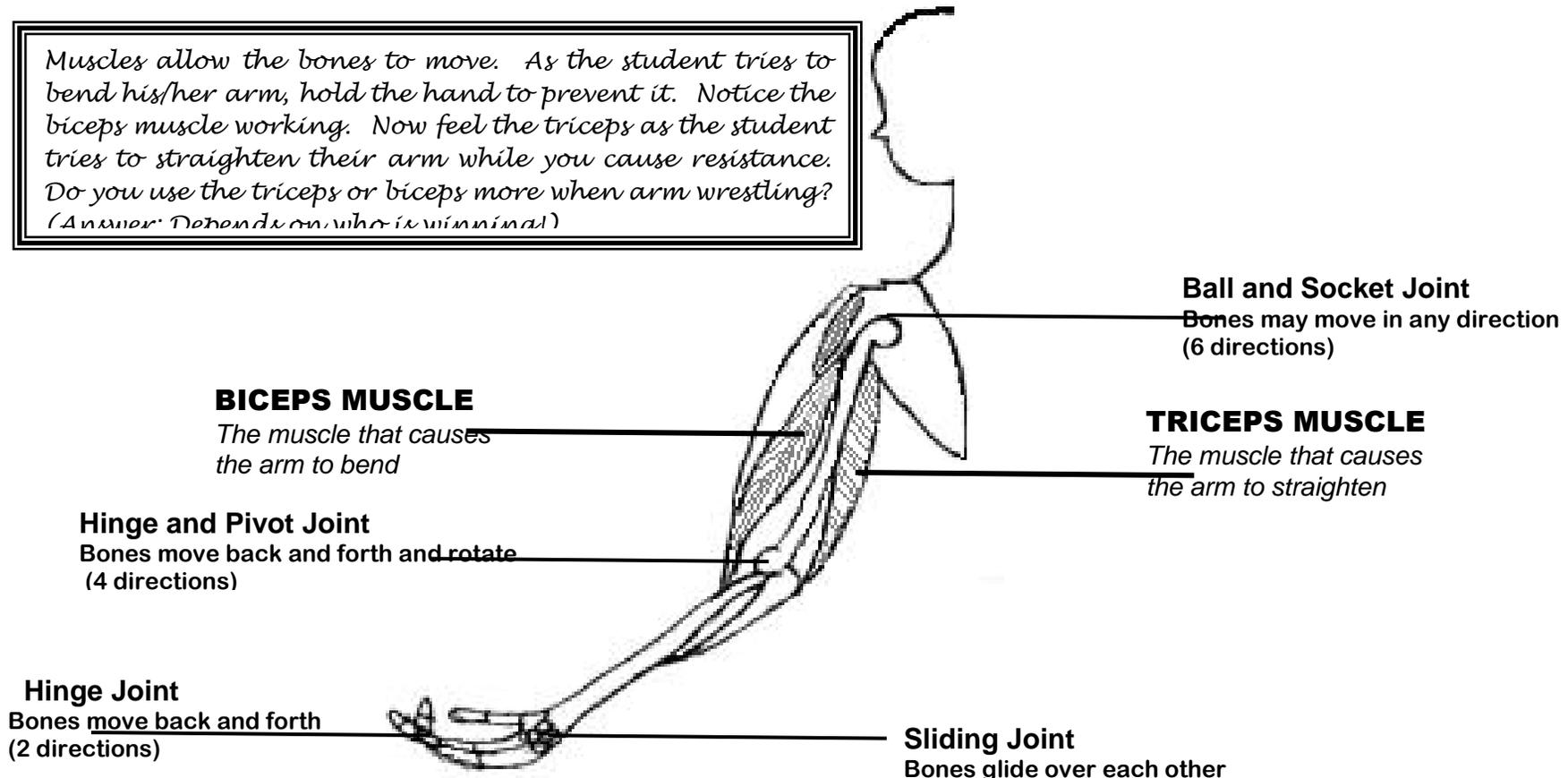
Explain how joints and muscles work to allow the body to move.



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Start with the fingers. Notice the bones move in two directions. Move to the elbow. In addition to bending and straightening the arm, it also rotates back and forth for a total of 4 directions. See if they can discover how many directions the arm can move at the shoulder joint. (6) Compare that to the wrist joint

*Muscles allow the bones to move. As the student tries to bend his/her arm, hold the hand to prevent it. Notice the biceps muscle working. Now feel the triceps as the student tries to straighten their arm while you cause resistance. Do you use the triceps or biceps more when arm wrestling?
(Answer: Depends on who is winning!)*



Human Anatomy 7 Information Pieces

Hinge Joint HA-7
Bones move back and forth (2 directions) HA-7
Sliding Joint HA-7
Bones glide over each other HA-7
Hinge and Pivot Joint HA-7
Bones move back and forth and rotate (4 directions) HA-7
Ball and Socket Joint HA-7
Bones may move in any direction (6 directions) HA-7
TRICEPS MUSCLE HA-7
The muscle that causes the arm to straighten HA-7
BICEPS MUSCLE HA-7

To Make Your MatchCard more durable:

- 1. Put the student MatchCard and instructor MatchCard back to back in a clear plastic page protector.*
- 2. Laminate the information pieces. Or you can make them sturdier by covering the paper with transparent tape prior to cutting the pieces out.*
- 3. For more ideas on how to use the MatchCards, and for keeping a notebook for review, see the Instructor's Guide.*