



ST.LAWRENCE HIGH SCHOOL



JESUIT MINORITY INSTITUTION

CLASS 5

WORKSHEET NO. :16

SUB: GENERAL SCIENCE

F.M. 15

TOPIC: JOINTS AND MUSCLES

DATE: 01.05.2020

A. CHOOSE THE CORRECT OPTION:

15x1=15

1. A joint is the meeting point of two bones held together by strong tissues called _____.
a) **ligaments** b)tendons c)cartilages
2. The bones at the joints move smoothly because of a synovial fluid which acts like a _____.
a) grease b)**lubricant** c)oil
3. Well-developed muscles give a _____ appearance to the body.
a)beautiful b)powerful c)**graceful**
4. The uppermost vertebra in the neck is called _____.
a)**atlas** b)Ulna c) femur
5. A hinge joint is like the hinges in a door and move the bones only in ____ direction.
a) **one** b) two c) three
6. Muscles are attached to the bones by strong fibres called _____.
a) cartilages b) **tendons** c) ligaments
7. A ball-and-socket joint allows _____ movement, as displayed by ballet dancers.
a) moderate b) minimum c) **maximum**
8. _____ muscles are found in heart, structured like voluntary muscles but they are involuntary in function.
a) **Cardiac** b)Skeletal c)Smooth
9. A _____ joint is found between the skull and the first two vertebrae of the spine.
a) gliding b)**pivot** c)hinge

10. How many muscles are there in the human body?
a) 550 b) 750 c) **650**
11. The _____ joint allows movement at the wrist and ankle, and also between any two vertebrae of the spine.
a) **gliding** b) hinge c) pivot
12. _____ muscles are the muscles that are attached to our skeleton and they are under our control.
a) Cardiac b) **Involuntary** c) Voluntary
13. _____ muscles control actions like the movement of food in the alimentary canal, the flow of blood and the movement of the eye muscles.
a) **Smooth** b) Skeletal c) Cardiac
14. The bones in the skull are interlocked, making the joints _____.
a) **immovable** b) fixed c) movable
15. _____ become stronger with regular exercise.
a) Ligaments b) **Tendons** c) cartilages

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