

Muscular and Skeletal Systems

STUDENT RESOURCE 1.8
INFORMATION SHEET



Skeletal Muscle Muscle fibers are long, thin strands that contract and relax to move your bones. Muscles respond to signals from your brain and spinal cord.

Bone, Decalcified This bone has had its calcium removed so you can see the structures inside it. The structure of bone makes it strong and keeps it from being too heavy. Bone has a thin, hard outer layer and a spongy inner layer. Inside, the bone is hollow and contains bone marrow.

Bone, Ground Bone is made of cells that are surrounded by hard calcium. The dark spots in the rings are the bone cells. The large dark spot in the center is a canal that has blood vessels in it.

Cartilage Use your thumb and index finger to bend your ear and the end of your nose. These parts of your body are made of cartilage. Cartilage also connects your ribs to your breastbone. Cartilage is flexible.