

Human Body Systems Chapter 2 Test

Name: _____

Date: _____

1 One function of the skeleton is to

- A help control voluntary muscles.
- B move food through the digestive system.
- C help the body maintain a steady body temperature.
- D provide shape and support for the body.

2 Which type of muscle tires quickly during exercise?

- A smooth muscle
- B breathing muscle
- C skeletal muscle
- D cardiac muscle

3 How does the skin protect the body from disease?

- A by keeping disease-causing microorganisms from entering the body
- B by gathering information about the environment
- C by increasing body temperature when it is cold
- D by supplying water to the body through the pores

4 Much of a newborn baby's skeleton is made of

- A hard bone.
- B soft bone.
- C cartilage.
- D ligaments.

5 Washing your skin helps prevent

- A skin cancer.
- B sunburn.
- C chapping.
- D acne.

Human Body Systems Chapter 2 Test

6 The spaces in bones are filled with a soft connective tissue called

- A blood.
- B water.
- C cartilage.
- D marrow.

7 What kind of motion is possible with a hinge joint?

- A rotating
- B sliding
- C backward or forward
- D side to side

8 How does the skin help regulate body temperature?

- A by removing wastes from the body
- B by blocking information about the environment
- C by enabling excess heat to escape from the body
- D by allowing body temperature to change when the weather becomes warmer or cooler

9 How do pairs of skeletal muscles work together?

- A Both muscles contract at the same time.
- B Both muscles extend at the same time.
- C While one muscle in the pair contracts, the other returns to its original length.
- D One muscle in the pair pulls on a bone, while the second muscle pulls on the first muscle.

10 Which type of muscle is found only in the heart?

- A voluntary muscle
- B cardiac muscle
- C smooth muscle
- D soft muscle

Human Body Systems Chapter 2 Test

11 The bones that form the backbone are called

- A vertebrae.
- B metatarsals.
- C tibia.
- D carpal.

12 By eating dairy products, you are helping to maintain healthy bones because dairy products

- A stimulate the growth of new bone.
- B enable nerve tissue to grow in bone.
- C help form the canals in bone.
- D are good sources of calcium.

13 How does exercise help maintain healthy bones?

- A by decreasing the need for calcium in the bones
- B by decreasing the need for phosphorus in the bones
- C by making bones grow stronger and denser
- D by making bones produce stronger outer membranes

14 Beneath the outer membrane of bone there is a layer of

- A blood vessels.
- B canals.
- C spongy bone.
- D compact bone.

15 What is the best way to prevent osteoporosis?

- A Exercise regularly and include calcium in your diet.
- B Reduce exercise and add phosphorus to your diet.
- C Eat more green vegetables and red meats.
- D Get plenty of bedrest.

Human Body Systems Chapter 2 Test

16 Skeletal muscles must work in pairs because

- A muscle cells can only contract, not lengthen.
- B muscle cells can only relax.
- C it takes two muscles to move a bone in one direction.
- D when muscles work in pairs, they tire less quickly.

17 Exercise is important for muscles because it

- A prevents muscles from becoming tired.
- B helps maintain strength and flexibility.
- C gives muscles more energy.
- D prevents muscle injuries.

18 Nerves and blood vessels in the skin are located in the

- A pores.
- B dermis.
- C epidermis.
- D canals.

19 The living cells in the epidermis are located

- A above the dead cells.
- B beneath the dead cells.
- C in the fat layer.
- D only around hair follicles.