CBSE Notes

Chapter VIII

Body movement

Human skeleton :

- The human skeleton and skeletal system is made up of 206 bone.
- The bone of our body act as framework or give it shape .
- The bone are also protect internal organ .

Parts of human skeleton

Skull :

- The bones of skull is hardest of all the bones.
- Skull bones protect our brain and rest of the facial bone give shape and frame to our face.

The spine :

- The spine also called vertebral column or back bone.
- It consists 33 small bone.
- It start from the neck down to the tail bone or hip region.

The rib cage:

- Joint the chest bone and back bone together to form cage .
- It protects our internal chest region organ lung , heart .

Collar bone :

- Collar bone are either side of the neck.
- The collar bone is attached to the shoulder blade and breastbone.
- It give shape to the shoulder and help in movement of arm.

Fore arm:

- The arm has two part the upper arm and fore arm joint at the elbow.
- One long bone run through upper arm , and it give shape to the fore arm.

The hip bone :

- The hip bone is form by three bone fused together , two hip bone is joint with vertebrae in hip region.
- The hip bone and vertebrae joined to form the **pelvic girdle.**

Joints:

The place where two or more bone meet in the skeleton . We can move or bend only at those points.

- Ligament connect the bone forming the joint .
- The end of the bone covered with cartilage.
- A thick oily liquid present – lubrication.

Fixed joint :

Some joint do not allow any movement these are fixed joint.

Example : joint between teeth and jaw bone.

Ball and socket joint :

These joint allow the greatest freedom of movement or are the most Mobile.

Example : hip and shoulders joint.

Pivotal joint :

A cylindrical bone turn in a ring type bone . Full rotation not possible.

Example : neck attached to the head help in side way back and fourth movement.

Hing joint :

Link door hing , only back and forth movement possible.

Example : ankle , elbow , knee .

Movement :

- Most animals move from one place to another place .

- This type of movement is called locomotion.
- We use our legs for locomotion.
- Animals that have vertebral column are called vertebrates .
- All vertebrates move with the help of bone and muscle.

Snake :

- Snake can move very fast due to flexibility of their back bone .
- Snake vertebrates column is made up of 100-400 vertebrae that are connected to ball and socket joint.
-

Fish :

- The head and tail of the fish is smaller then the middle portion , this type of the body is called as streamlined.
- The shape is such that water can flow around it easily and allow the fish to move easily.
- The skeleton of dish is covered with very strong muscles.

Birds :

- A smooth streamlined body, offer little resistance to the flow of air .
- A skeleton made up of Hallow bones make birds light so it can hold body up in the air .
- Big strong flight muscles attached to the wings, helps it flaps it's wings .

Invertebrates move :

Most of the animals are invertebrates , they do not have vertebral column or internal skeleton made of bones.

Insect :

- Insect have hard covering over their body , or an exoskeleton.
- When insect walk three legs two on side and one on the other , support the body while the other three move the body forward .
- Most of the insect can fly with the help of two pairs of wings

Snail :

- Snails have soft body which they can pull back into their heavy shell.
- They have large flat foot which secret slimysubstance , with the help they move forward.
- The movement of the foot is contracted by muscle attached to it.

Earthworm :

- The body of earthworm is made up of many rings joined end to end .
- An earthworm does not have bones.
- Movement of Earthworm is first extend to front part blog the body keeping their half portion fixed to the ground.