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# BTEC Sport - Skeletal System Review Practice Test.

What is an osteoblast? - CORRECT ANSWER - growth & repair = bone remodelling

- Bring calcium to the bone
- osteoblast activity inc when exercising (heavy resistance)
- = bones will become more dense + stronger
- reduces osteoporosis

What is an osteoclast? - CORRECT ANSWER - unnecessary Ca<sup>+</sup> is removed from certain parts of bone

- dissolve bone
- = while new layers of bone tissue are created
- come from bone marrow

Long bone - CORRECT ANSWER - Enables large ROM such as a bowl swing in cricket using the humerus  
long bone

- Found in limbs + muscular attachment
- e.g. femur & phalanges

Short bone - CORRECT ANSWER - Shock absorption

- weight bearing +
- Small, light & strong at joints
- e.g. tarsals when running

(Wide + short = short bone) (wide + long = long bone)

Flat bone - CORRECT ANSWER - E.g. Sternum

- larger SA = Attachment for muscles
- protection (e.g. vital organs)
- Thinner

# Btec Sport Practice Test

**ML Yell**



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