



# Introduction to Body Movement

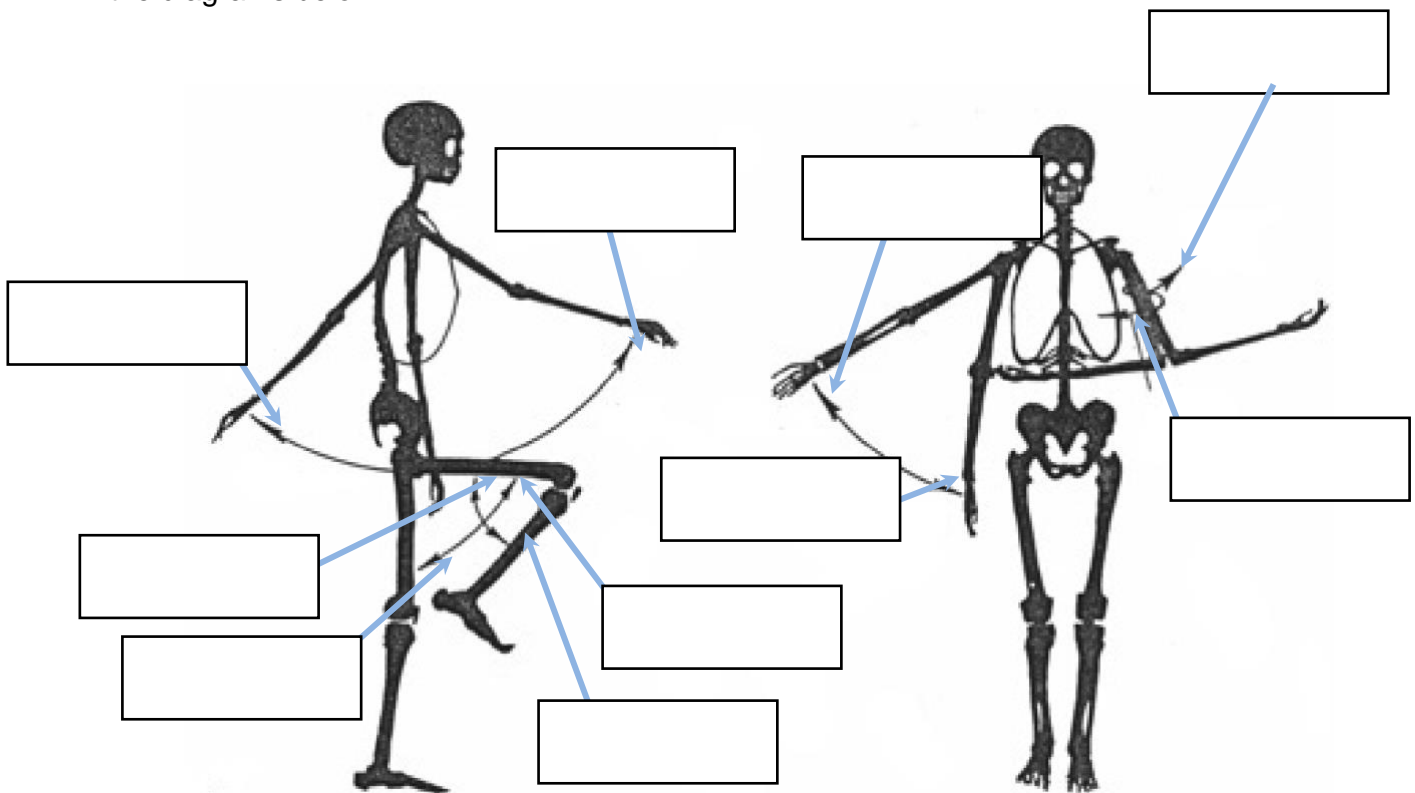
## Introduction to Movement: Joints

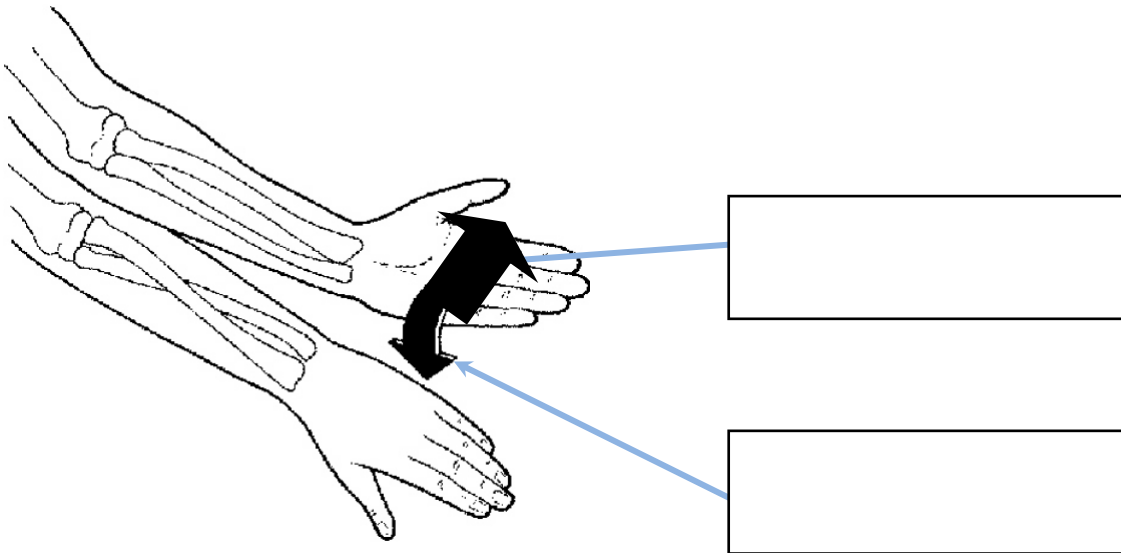
The following resources should help you to answer the following questions:

- <https://courses.lumenlearning.com/boundless-biology/chapter/joints-and-skeletal-movement/> This website provides an overview of the main types of joints and their functions.
- <https://www.youtube.com/watch?v=urxelGf4OIk> This video covers the main types of joints (apologies for the annoying music!)
- <https://www.youtube.com/watch?v=9xSxGZQqpcw> This video covers the main joint types in a bit more detail.
- [https://www.youtube.com/watch?v=0cYal\\_hitz4](https://www.youtube.com/watch?v=0cYal_hitz4) This video is supposed to be for artists but it really is quite good! It's particularly useful for the main types of synovial joints.

1. A joint can be defined as:

2. Joints permit movement: identify the direction of joint movement indicated by the arrows on the diagrams below.





**The next section considers the different types of joint. Please fill in the blanks.**

3. A fibrous joint is where:

The degree of movement allowed at a fibrous joint is:

An example of a fibrous joint can be found:

4. A joint where the bony surfaces are united by hyaline or fibrocartilage is known as a:

The key functions of these joints are:

a.

b.

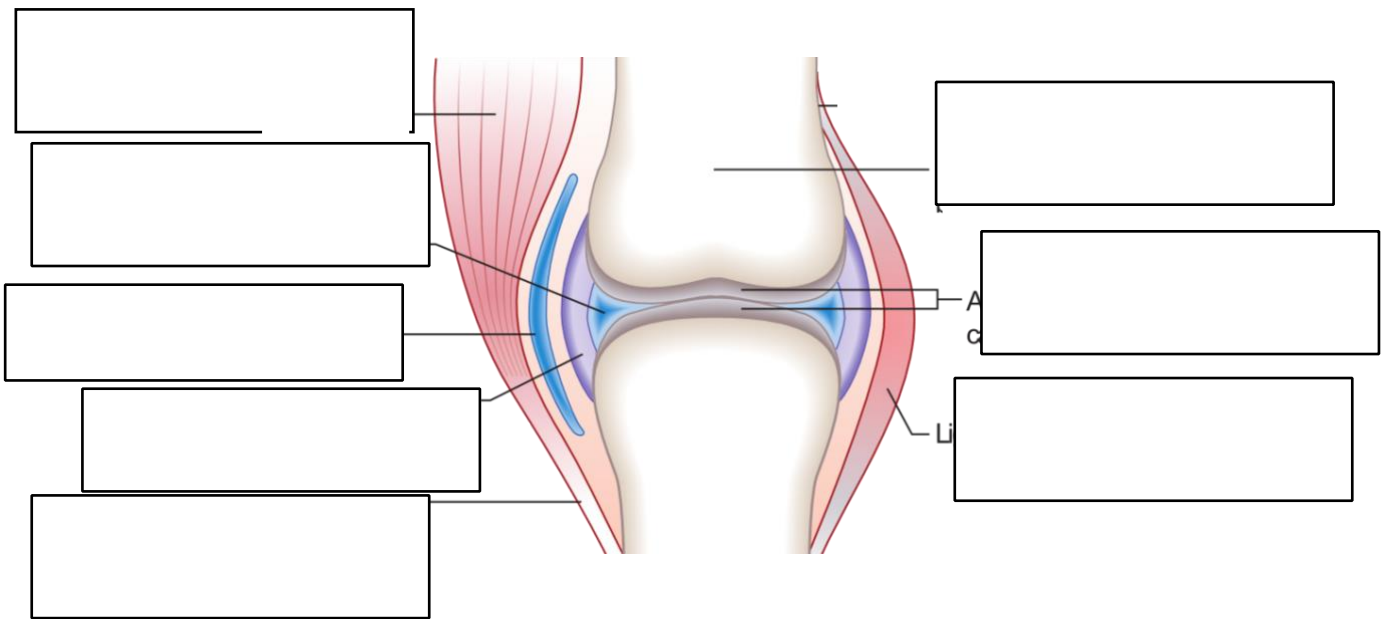
An example of this type of joint can be found:

5. A synovial joint is where:

The degree of movement allowed at a synovial joint is:

An example of a synovial joint can be found:

6. Label the key components of a synovial joint on the diagram below:



7. There are a number of different types of synovial joints – the structure of each is determined by its function and location. Please fill in the blanks below to describe the structure and movement of the different types of synovial joints.

a. A hinge joint is described as a  joint in that it allows movement in  (Number) directions in the  plane. Examples of hinge joints include the  and the .

b. A ball and socket joint is described as a  joint in that it allows movement in  (Number) directions in the  planes. Ball and socket joints are found at the  and the .

c. A pivot joint is described as a  joint because it allows movement in  directions in the  plane about the  axis. Examples of pivot joints includes the ...  and the ...

d. An ellipsoid joint is described as a  joint as it allows movement in  directions in the  planes. Ellipsoid joints are found at the ...  and the ...

e. A plane joint is described as a  joint; it allows movement around  axes. Plane joints are found at the  and the ...

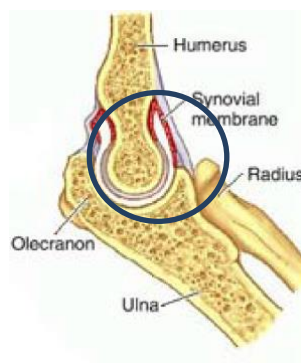
f. A saddle joint is described as a  joint as it allows movement in  directions in the  planes. Saddle joints are found at the ...

8. Identify the joints ringed in the pictures below:

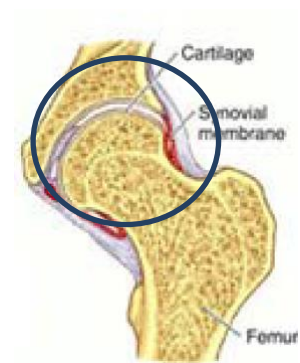
a.



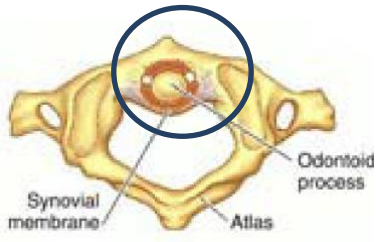

b.




c.



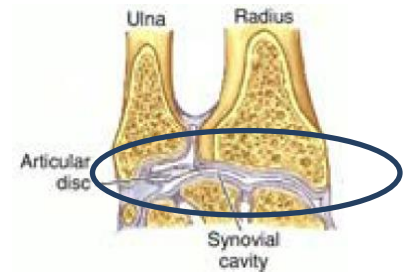
d.



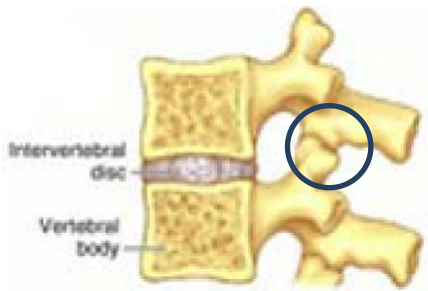
e.



f.



g.



h.

