

Sports Science Study Guide - Bones Test

You are responsible for knowing...

The definition of sport

Bone names from the class handout

Cartilage in the bones of young and old people

Articular cartilage

Ways to increase bone strength

Bone types, including

- Flat bones

- Irregular bones

- Long bones

- Short bones

Parts of a bone, including

- Bone marrow

- Epiphysis

- Diaphysis

- Periosteum

- Compact bone

- Nutrient artery

The process of bone remodeling in normal, healthy bone including, but not limited to,

- Osteoblasts

- Osteoclasts

- Osteocytes

- Calcium

Types and qualities of bone fractures