The skeleton has multiple purposes: To give rigidity/structure to the body, to act as a lever for the muscles to contract and extend against, to act as a store for valuable minerals such as calcium, red blood cells ( carriers of oxygen ) are made in the bone marrow.

***Skeleton***: Skull, Vertebrae( Cervical\_7, Thorasic\_12, Lumbar\_5, Sacral\_5 or 6 fused, Coccyx\_5 or 6 fused ), Clavicle, Scapula, Ribs, Sternum, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges, Illium, Ishium, Femur, Patella, Tibia, Fibula, Tarsals, Metatarsals.

***Joints***- Synovial – articulate ( move ) freely, synarthroses-fused.

***Muscles*:**

***Torso/Trunk*:** Trapezius , Latissimus Dorsi, Deltoid, Pectoralis Maj\_Min., Erector Spinae, Transverse Abdominis (TVA), Rectus Abdominis, Oblique

***Arms*:** Biceps Brachii, Triceps Brachii, Brachioradialis ( forearm )

***Hips/Legs*:** Iliopsoas, Gluteus Min\_Maj., Quadraceps Femoris, Iliotibial Band ( not actually a muscle ), Tensor Fasciae ( hip flexor )

***How to Talk About Anatomy***: Distal (far from )/Proximal ( Near to ), Medial (near middle)/Lateral ( near side ), Anterior ( front )/Posterior ( back ), Superior ( above )/Inferior ( below )

<https://www.khanacademy.org/science/health-and-medicine/human-anatomy-and-physiology/skeletal-system/v/skeletal-structure-and-function>

<https://www.khanacademy.org/science/health-and-medicine/human-anatomy-and-physiology/skeletal-system/v/cartilage>

<https://www.khanacademy.org/science/health-and-medicine/human-anatomy-and-physiology/skeletal-system/v/ligaments-tendons-and-joints>