



GRACE BOOK EXAMINATIONS BOARD  
**P.7 TOPICAL TEST 2024**

INTEGRATED SCIENCE

**MUSCULAR AND SKELETAL SYSTEM**

*Time Allowed: 2 hours 15 minutes*

Random No.					Personal No.		

**Candidate's name:** .....

**Candidate's signature:** .....

**SECTION A (40 MARKS)**

1. Give the meaning of the term skeleton.

.....  
.....

2. State any **one** function of the human skeleton.

.....

3. **(2008 No.13)** Name one structure in a human body which connects bone to bone.

.....

4. In which part of the human body is the smallest bone found?

.....

5. **(2008 No.40)** State an immisable disease which enters our bodies through cuts and wounds.

.....

6. **(2006 No.39)** Which bone in the human skeleton protects the brain?

.....

7. State the most essential mineral salts needed for proper growth and development of bones and teeth.

.....

8. Give the importance of the cartilage structure found in the outer ear of most mammals.

.....

**(2019 No.6 and 7)** The diagram below is of a human skull and a neck vertebra. Use it to answer questions 9 and 10.



9. Name the movable joint at **K**.

.....

10. Which delicate organ is protected by **S**?

.....

11. **(2007 No.8)** Give any one function of the human skeleton.

.....

12. **(2007 No.30)** Why is a sling used when giving First Aid to a person with a broken hand?

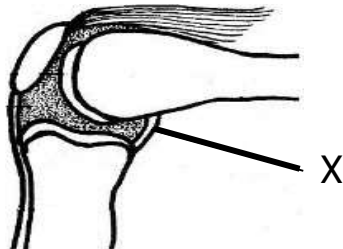
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13. Name any one delicate body organ which is protected by the pelvis.

.....

14. **(2018 No.1)** State any one sign of a compound fracture.

.....  
**(2015 No. 21 and 22)** The diagram below shows parts of a joint. Study and use it to answer questions 15 and 16.



15. Name the part marked with letter X.

.....  
16. Using letter W, label the part that reduces friction in the joint, apart from the synovial fluid.

17. **(2011 No.26)** What type of skeleton does a cockroach have?

.....  
18. **(2019 No.23)** Give any one way in which having regular physical exercises is important to the human body.

.....  
19. **(2010 No. 26)** Write down one function of joints in human body.

.....  
**(2011 No. 13)** The diagram below shows a fracture. Use it to answer question 20.



20. What type of fracture is shown in the diagram above?

21. **(2012 No. 17)** Which communicable disease in human affects both the skin and the skeletal system?

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22. In which one way is skeletal system important to circulatory system?

.....

23. State the difference between ball and socket joint and hinge joint in terms of movement.

.....

.....

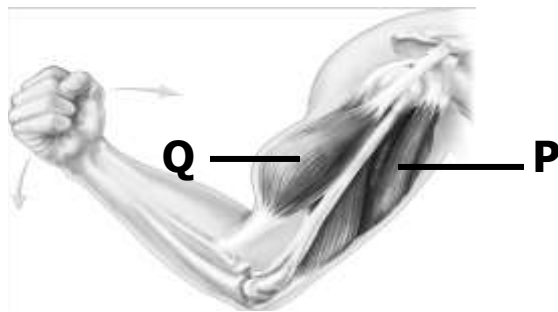
24. State one similarity in structure between a snails and an earthworm.

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25. How are muscles connected to bones in the body?

.....

**(2016 No. 15 and 16)** The diagram below is of a human arm. Study and use it to answer questions 26 and 27.



26. Name muscle **P**.

.....

27. What happens to muscle **Q** when the arm is raised?

.....

28. State any one importance of keeping good posture to an individual.

.....

29. Why are triceps and biceps muscles referred to as voluntary muscles?

.....  
.....

30. **(2018 No.15)** State the importance of observing good posture to the human body.

.....

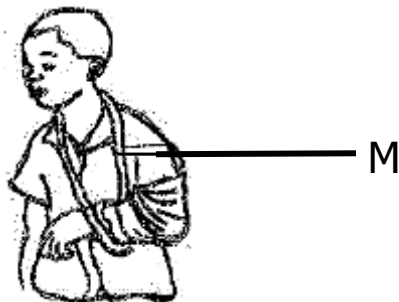
31. Give any one example of a voluntary muscle in the human body.

.....

32. **(2014 No.5)** What kind of accident requires the use of splints in giving the First Aid?

.....

**(2012 No. 6)** The diagram below shows a person with an injury. Use it to answer question 33.



33. How useful is the structure marked M to the injured person?

.....

34. **(2014 No.12)** How is the BCG vaccine different from the polio vaccine in the way they are given to children?

.....

.....

35. Name the disorder of the skeletal system which occurs at a joint.

.....

36. State any one value of synovial fluid at a joint.

.....

37. In one sentence, give the meaning of involuntary muscles.

.....

.....

38. Why are biceps and triceps regarded as antagonistic muscles?

.....

.....

39. Name the deficiency disease which affects the skeletal system.

.....

40. What is the difference between dislocation and fracture?

.....

.....

### **SECTION B: (60 MARKS)**

41. Which part of the skeletal system protects;

(a) The heart and the lungs .....

(b) The brain .....

(c) The spinal cord .....

(d) The reproductive organs .....

42. a). Name one activity that can maintain the healthy conditions of the skeletal system.

.....

b). Name any two short bones from which red blood cells are made.

i) .....

ii) .....

c). Why is calcium an important mineral salt in our diet?

.....

.....

43. a). Name the type of skeleton which is possessed by the following organisms.

i) Snail.....

ii) Dog.....

iii) Housefly.....

b). Identify one water borne disease of the skeletal system.

.....

44. a). Give any one example of each of the following;

i) long bones .....

ii) short bones .....

iii) flat bones .....

b). What scientific term describes the point in the body where bones meet?

.....

45. **(2016 No.50)** a). Which communicable disease shows signs and symptoms similar to that of tuberculosis?

.....

b). Name the cattle product through which tuberculosis can spread to human beings.

.....

c). When is the vaccine against tuberculosis administered in babies?

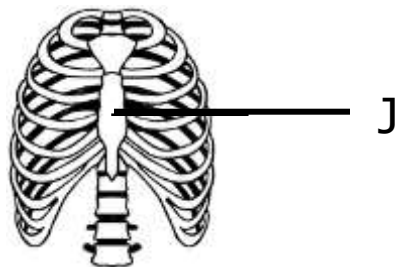
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d). Apart from immunization, give one other way in which the spread of tuberculosis can be controlled in humans.

.....

.....

46. **(2013 No.14)** The diagram below shows part of the human skeleton. Use it to answer the questions that follow.



a) Name the part marked J.

.....

b) State any two delicate body organs protected by the part of the skeleton shown.

(i) .....

(ii).....



c) How is the part of the human skeleton shown above used during breathing out?

.....

47. (a) Apart from the vertebral column, give any two other parts of the human skeleton used for protection.

(i) .....

(ii).....

(b) Name the part protected by the vertebral column in the human body.

.....

(c) Give any one health habit that helps to strengthen the human body.

.....

.....

48. **(2017 No. 50)** a). Name any two bones that form the joint at the knee of the human body.

i) .....

ii) .....

b). What name is given to the joint at the knee?

.....

c). In which one way is friction reduced at a joint?

.....

49. **(2012 No. 54)** a). Name the type of joint found in each of the following parts of the human body.

(i) Shoulder .....

(ii) Wrist .....

b). What advice would you give to a friend to keep his/her skeletal system in the health working condition? (give two)

.....  
 .....

50. **(2014 No. 43)** The table below shows joints and their position in the human body. Study and complete it correctly.

<b>Joints</b>	<b>Position in the body</b>
Pivot joint	_____
_____	Shoulder
_____	Knee
Suture joint	_____

51. **(2009 No. 54)** a). State the function of each of the following structures in the human skeleton.

(i) Ligament .....

.....

(ii) Tendon .....

.....

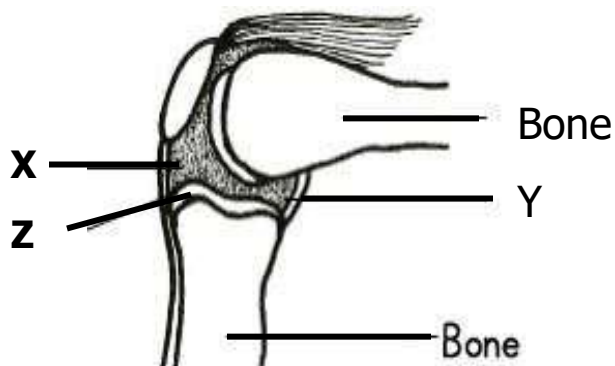
b). Give one example of a long bone in the human skeleton.

.....

c). Name one disease that affects the human skeleton.

.....

52. **(2007 No. 41)** The diagram below shows a human joint. Use it to answer the questions that follow:



a). Name the parts marked with letters Y and Z

(i) .....

(ii) .....

b). Give any one function of the fluid found in the place marked with letter X.

.....

c). What type of joint is shown in the diagram above?

.....

53. **(2006 No.41)** John fell off a bicycle and broke his high bone.

a). Name the injury which John got.

.....

b). State two ways in which John can be given first aid.

.....

.....

c). What is the importance of giving first Aid to a person like John?

.....

54. **(2006 No.49)** a). Give any one part of the human body where each of the following joints is found.

(i) Ball and socket joint

.....

(ii) Hinge joint

.....

(iii) Gliding joint

.....

b). Which one of the above joints can make an all-round movement?

.....

55. a) State the main difference between sprain and strain.

.....

.....

b) State the First Aid which is usually given to a casualty with sprain.

.....

c) In the spaces provided below, draw a simple diagram of a crutch and a stretcher

Crutch	Stretcher
