

Florit.

Antwoorden "Stevigheid en beweging".

- Botten van baby's zijn gemaakt van kraakbeen. Botten van schoolkinderen zijn gemaakt van kalkstof en veel lijmstof. De botten van ouderen bevatten minder lijmstof en meer kalkstof. Daardoor is de breekkans van oudere botten groter. Samengevat een baby heeft meer kraakbeen en minder botweefsel en een oude wijze man minder kraakbeen en meer botweefsel.
- Het skelet zorgt voor vorm en stevigheid, beweging, bescherming van kwetsbare organen zoals hersens, hart, longen (En de spieren zitten er aan vast zodat het skelet kan bewegen).
- Je moet alle botten bij het skelet aan kunnen wijzen!
 Gebruik de geplastificeerde A3 skeletkaart om te controleren of je het knipblad juist hebt ingevuld.
- De botten kunnen door middel van gewrichten en met beweeglijke buigzame plekken die van kraakbeen zijn gemaakt (kraakbeenverbindingen) ten opzichte van elkaar bewegen
- Naadverbindingen (schedelbeenderen) en vergroeide botten (heiligbeen; bestaat uit enkele vergroeide wervels) zijn twee onbeweeglijke botverbindingen.
- Zie geplastificeerde A3 skeletkaart.
- presentaties
- gewrichtskom en gewrichtskogel passen precies in elkaar. Kraakbeenlaagjes zijn glad en zorgen voor een soepele wrijvingloze beweging. Het gewrichtskapsel maakt gewrichtssmeer en sluit het gewricht af. De kapselbanden verbinden de kogel en de kom stevig met elkaar. Het gewrichtssmeer smeert het gewricht zodat het soepel kan bewegen.
- De botten zijn erg dun. Terwijl ze toch zwaar werk doen. Veel tillen, snel rennen. Dun en toch sterk.
- Nette tekening op tekenpapier. Vergeet niet de benamingen erbij te zetten.
 Controleer je tekeningen met de afbeeldingen op bladzijde 34 en digitaal bladzijde 16
- Een spier kan alleen maar samentrekken. Een spier zit met beide uiteinden met een oersterke pees aan de botten vast.
- 12. En 13 Een spier kan alleen maar trekken. De vezels schuiven in elkaar. Uit elkaar bewegen kan een spier alleen maar als hij door een andere spier wordt geholpen. Zulke koppels zijn ANTAGONISTEN.

Voorbeelden van antagonisten zijn de bioeps en de triceps (arm buigen en strekken). De buikspieren en de rugspieren (bukken en overeind komen. De kuitspier en de scheenbeenspier(op je tenen staan en op je hakken). De spieren aan de binnenzijde van je onderarm (vuist maken) en de buitenzijde van je onderarm(hand openen) Antagonisten zijn twee spieren die samen zorgen voor één beweging. De ene spier spant zich en rekt de andere spier weer uit. Daarna gebeurt het omgekeerde weer.

Een spier kan niet in zijn eentje voor bewegingen van botten zorgen omdat hij zichzelf niet kan uitrekken. Daar heeft hij een maatje voor nodig, een antagonist die hem weer uitrekt door zelf samen te trekken.

Diagnostische Toets Stevigheid En Beweging

Judd E. Hollander

Diagnostische Toets Stevigheid En Beweging:

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