

the **BAD** series  
basic academics for dance

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# GLASS HOUSE DANCE

## **Anatomy: Part 1 – Bones**

## **COURSE DESCRIPTION**

The BAD series ANATOMY will grant you the opportunity to learn about your most important tool, your physical body. To understand movement, you must first understand your physical body. This knowledge will deepen your understanding of your one and only TOOL, ensuring for a more successful training process in any genre of dance technique.

## **WHAT WILL YOU LEARN?**

Part 1: Bones

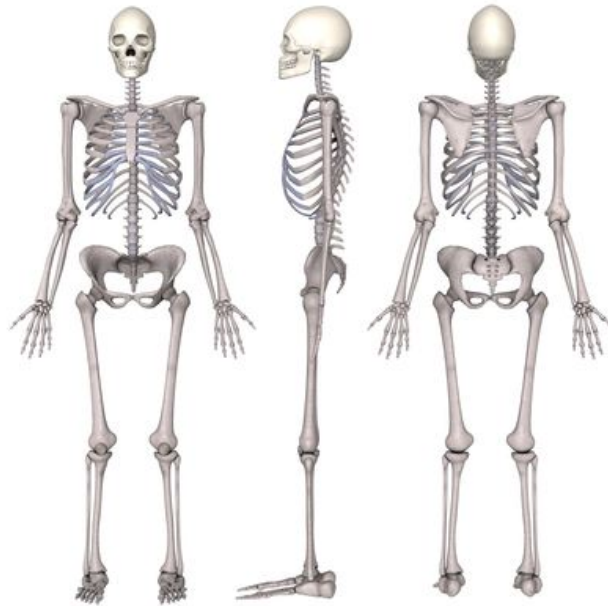
Part 2: Muscles

Part 3: Injury & Injury Care

## **HOW TO PLAY?**

Use google, to look up and fill in the blanks! It's that simple!

## The Skeletal System: BONES



1. There are \_\_\_\_\_ bones in the adult human body.
2. The entire framework of the bones including their \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_  
comprise the skeletal system.

## **Functions of the Bone:**

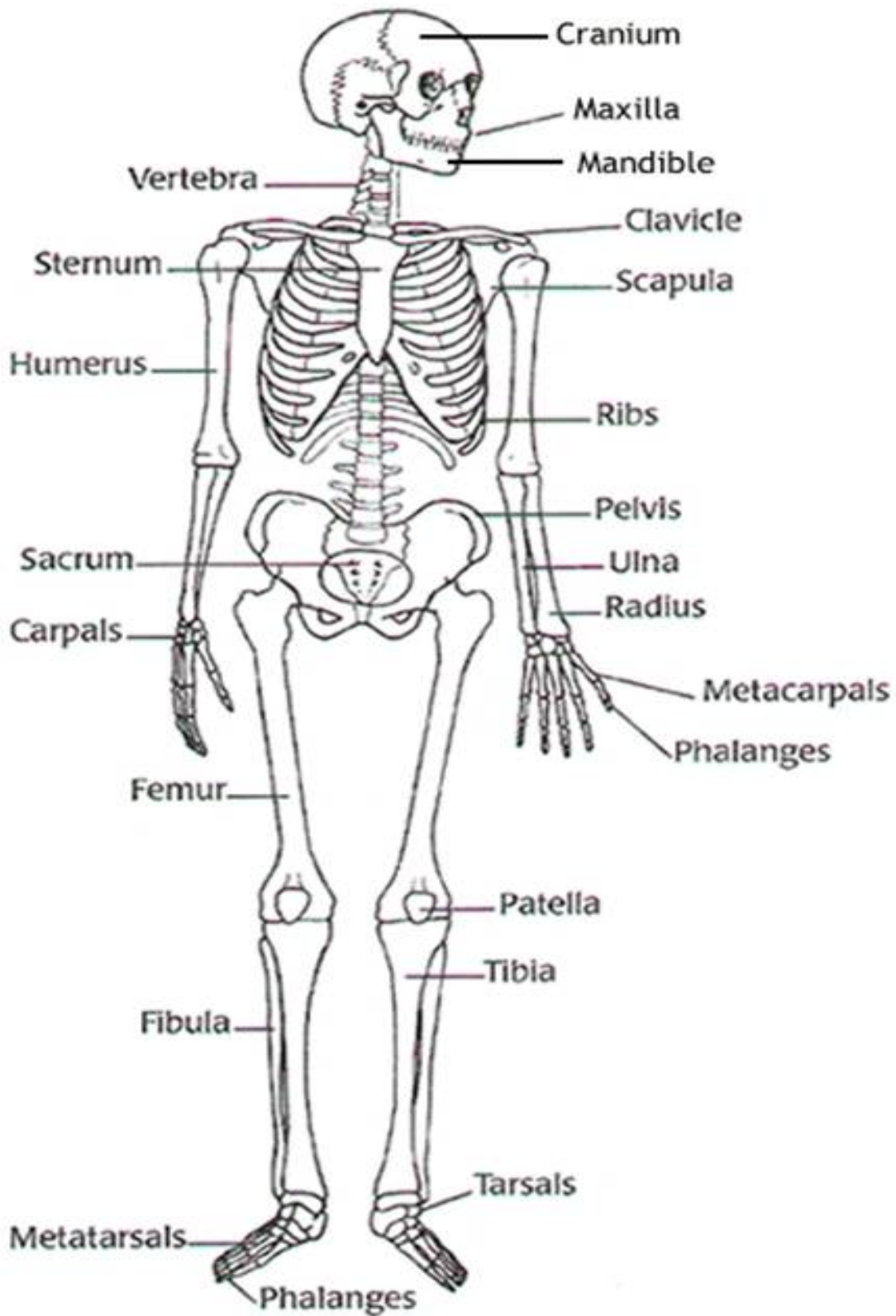
1. **Support:** serves as structural framework.
2. **Protect:** protects fragile organs from injury.  
(*ex: the skull protects the brain & the ribs protect the heart*)
3. **Movement:** muscles attach to bone and pull on them to produce movement.
4. **Blood Cell Production:** within certain bones, red bone marrow produces red blood cells. Red blood cells are essential for the transport of \_\_\_\_\_ & \_\_\_\_\_.
5. **Mineral Storage:** bones store \_\_\_\_\_ and phosphorus that contribute to strength of the bone.

→*Fun Fact: 99% of the body's calcium is stored in the bone.*

## **THE 5 DIFFERENT TYPES OF BONES:**

1. **SHORT BONES:** cube shaped, are as wide as are long
2. **LONG BONES:** greater length than width
3. **FLAT BONES:** expanded broad, flat plates, usually to protect an organ & muscle attachment.
4. **IRREGULAR BONES:** complex shape.
5. **SESAMOID BONES:** develop in certain tendons where there is considerable friction, tension and stress

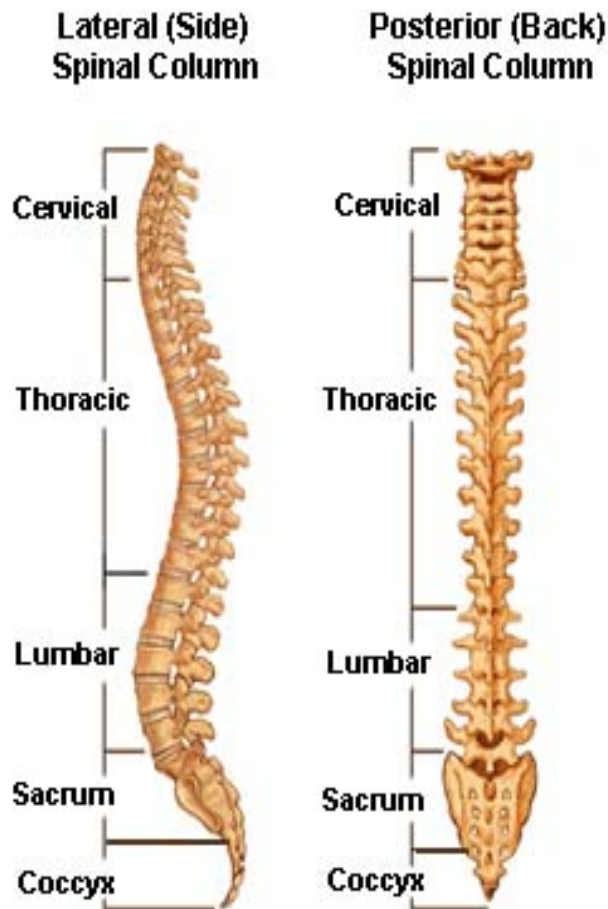
Identify a "color" to represent each type of bone. Color the skeleton's bones by their TYPE of bone (reference previous page). Don't forget to create a "key".



## THE VERTEBRAL COLUMN: The Spine

The spine is composed of \_\_\_\_\_ separate bones called vertebrae. The vertebral column \_\_\_\_\_ the spinal cord and spinal nerve roots, in addition to providing \_\_\_\_\_ for the weight of the body.

The vertebral column is the point of attachment for the muscles of the back.



→ The bones of the sacrum and coccyx are FUSED together, no movement.

→ Movement is the greatest in the \_\_\_\_\_ & \_\_\_\_\_ areas. This is relevant to movement that twists or bends.

NOTES:

