

**CLASS XI**  
**LOCOMOTION AND MOVEMENT**  
**WORKSHEET- 1**

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- 1        Locomotion is movement, but not all movements are locomotion. Justify.
  - 2        Which are the three types of movements exhibited by the cells of the human body?  
          Mention which part of the body exhibits each movement.
  - 3        Make a table showing the different types of muscles, location and function.
  - 4        Muscle fibre is referred to as syncytium. Give reason.
  - 5        Name the two types of contractile proteins present in myofibril.
  - 6        With the help of neat labeled diagrams describe the structures of actin and myosin.
  - 7        Explain the mechanism of muscle contraction and relaxation.
  - 8        Differentiate between red fibres and white fibres.
  - 9        Design a flow chart depicting different bones in our skeletal system.
  - 10       Give an account of the vertebral column.
  - 11       What do you mean by true ribs and false ribs? What are floating ribs?
  - 12       Compare and contrast the structure of pectoral girdle and pelvic girdle.
  - 13       Name the three types of joints. Give one example of each.
  - 14       Write what happens in case of the following disorders:  
          **a)** Tetany  
          **b)** Gout
  - 15       Identify one age-related disorder of skeletal system. Write its characteristics.
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