

Knowledge Check #7: Joint Health (Grades 3-5)

1. True or False. Fibrocartilage, known as the meniscus, is found in the knee and acts as a shock-absorber.
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2. What is one of the most commonly injured ligaments in the body?
- a. Anterior Sacroiliac Ligament (ASL)
 - b. Anterior Cruciate Ligament (ACL)
 - c. Radial Collateral Ligament (RCL)
 - d. Patellar Ligament

3. Building strong _____ and _____ will help protect the structure of joints.

4. True or False. An inactive lifestyle will help protect joints as you age.
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5. A ligament sprain or tear typically occurs when the joint _____.
- a. Is twisted forcefully
 - b. Does not move for a long time
 - c. Moves beyond the normal range of motion
 - d. Deforms from a separation of the bones

6. Which type of joint injury worsens over time with poor exercise technique and dysfunctional movement?
- a. Arthritis
 - b. Ligament Sprains
 - c. Ligament Tears
 - d. Joint Dislocations

7. True or False. Maintaining a healthy weight through diet and exercise will help protect joint health over time.
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