Aging Process
Muscles, Ligaments, Tendons, Cartilage & Bones
Worksheet

Name: ___________________________ Date: __________________
Name of Trainer: ___________________________
Name of Company Developing Material: Clinical Update (NZ) Ltd

Segment 1 – Muscles
List the 3 types of muscles
1. __________________________________________________
2. __________________________________________________
3. __________________________________________________

There are 4 functions of muscles, what are they?
1. __________________________________________________
2. __________________________________________________
3. __________________________________________________
4. __________________________________________________

What are the 4 roles of muscles
1. __________________________________________________
2. __________________________________________________
3. __________________________________________________
4. __________________________________________________

What age does muscle mass start to reduce __________
From age 40 how much muscle mass can you expect to lose per year? ____________
What happens to the muscle fibres? ____________________________________________
Why does this happen? ________________________________________________________

Muscles are hard to _________ and easy ______

Why do people slow down with age? ___________________________
What makes this process worse? _____________________________________________
What can you do to help build up muscle mass? ________________________________

Segment 2 Ligaments
Ligaments connect __________ to ___________

What are ligaments made up of? _____________________________________________

What are the two things that ligaments do?
1. __________________________________________________
2. __________________________________________________

List things that happen to ligaments with age
1. __________________________________________________
2. __________________________________________________

How does this affect a person? _______________________________________________
Segment 3 Tendons
Tendons connect _________________ to ____________

Tendons are _________________ ___________ of ___________ that attach muscles to _______________.
Tendons are _____________ but ___________ and work by concentrating the ___________ of ___________ on a small section of bone.

What are the 2 things that happen to tendons with age
1. ________________________________________
2. ________________________________________

What are the results of the tendon changes and give two examples.
1. ________________________________________
2. ________________________________________

What is a common tendon problem? ________________________________________

List 3 things that happen with this condition?
1. ________________________________________
2. ________________________________________
3. ________________________________________

List 2 things that help maintain strong tendons?
1. ________________________________________
2. ________________________________________

Segment 4 – Cartilage
What are the 3 components of cartilage?
1. ________________
2. ________________
3. ________________

List the 3 types of cartilage and give an example of where you would find each type
1. ________________
2. ________________
3. ________________

What does cartilage do to joints? ________________________________________

What happens when cartilage breaks down? ________________________________________

What is a common condition that this leads too? ________________________________________

List the 3 things required to keep cartilage healthy?
1. ________________________________________
2. ________________________________________
3. ________________________________________

Segment 5 – Bones
As a person ages, bone lose ______________ in particular _______________

This makes the bones more ______________and makes older people more at risk of ______________

From age 35 years on, what percentage of bone loss occurs ______________

What percentage of bone loss occurs in women before and after menopause? ______________

What causes women to have a greater percentage of bone loss over this period? ______________
What is the condition that occurs through bone loss more commonly in women?
____________________________________

How much height does a person lose per decade? _______________________
What is lipping of the bone? _______________________
Where does this occur? _______________________

List 3 things you can do to keep your bones strong and healthy?
1. ________________________________________________
2. ________________________________________________
3. ________________________________________________