

**National Institute of Open Schooling**  
**Senior Secondary -Biology**  
**Lesson 16: Movement and Locomotion**  
**Worksheet -16**

1. What is the difference between movement and locomotion?
2. What is the importance of locomotion in Animals? Why locomotion is necessary for Organisms?
3. What are the different types of movement explain it with the examples?
4. Locomotion is movement but not all movements are locomotion?
5. Name the two types of contractile proteins present in myofibril?
6. Make a flow chart to represent different bones in our skeletal system.
7. Mention what happens in case of the following disorders
  - i. Arthritis and Rheumatoid Arthritis
  - ii. Osteoporosis
  - iii. Gout
8. What is the difference between flagella and cilia with respect to location and number?
9. Explain sliding filament theory of muscle contraction with the help of diagram?
10. What are tropic movements give an example each of geotropism and phototropism