



## Worksheet

# Bone Growth and Remodelling

1) Complete the table below.

	Describe their role
Osteoclasts	
Osteoblasts	

2) Define ossification.

3) Describe structure and composition of the bone matrix.

4) Explain the process bone remodelling / repair after an exercise session. You should explain what happens to the bone matrix and how it is repaired.

5) Use the video and resources on the topic's page to mark your answers.

