**Joints Comparison Activity**

1. The hinge joint of the elbow permits movement in only one direction. It is like the hinge on a door that allows the door to open just so far and then close again.
2. The ball-and-socket joint has a wide range of motion.
3. The hinge joint has movement in only one direction, whereas the ball-and-socket joint has movement in many directions.
4. The knee is the hinge joint, and the hip is the ball-and-socket joint.
5. It would be hard to coordinate the act of walking or running if the knee was a ball-and-socket joint. The knee would move in too many directions.