

EXERCISE 15 – MUSCULAR SYSTEM

OBJECTIVES

1. To define origin, insertion, agonist, antagonist and synergist.
2. To cite criteria in naming skeletal muscles.
3. To name and locate the major muscles of the human body on models.
4. To identify cat muscles.
5. To name the origin and insertion of the key human muscles, state the major movement or action of each, and explain how muscle actions are related to their location.
6. To identify antagonists of the major prime movers.

NOTES:

The labbook has much more detail than you need to know for this unit. Also realize that your TEXTBOOK actually has very good specifics and pictures on this same topic.

When examining a muscle (for the major muscles only, not all), know its origin, insertion, and the *MAJOR MOVEMENT* or *ACTION* when contracting, its antagonist, as well as the *REASON* for the muscle's name.

For examples:

Biceps brachii and ***Triceps brachii*** are **antagonistic** to each other.

Name	Origin	Insertion	Action
<i>Biceps brachii:</i> long head short head	supraglenoid tubercle – scapula coracoid process – scapula	radial tuberosity – radius	flex forearm
<i>Triceps brachii:</i> long head lateral head medial head	Infraglenoid tubercle – scapula lateral surface – humerus posterior surface – humerus	Olecranon - ulna	extend forearm

Review the terms origin and insertion in exercise 13, p. 173.

ACTIVITY 1-5: IDENTIFYING MUSCLES

Identification of human muscles (**see list**)

Identification of cat muscles (**see list**)

NOTE:

Interactive Physiology CD or access to www.interactivephysiology.com

INTERACTIVE PHYSIOLOGY MUSCULAR SYSTEM – Excellent review!

Marieb lab book website, <http://www.myaandp.com>

Practice Anatomy Lab (histology, cat dissection, human cadaver, MODELS)

Marieb Lab Manual Exercise 15

Heather Webb



Marieb Lab Manual Exercise 15:

Human Anatomy and Physiology Laboratory Manual Elaine Nicpon Marieb,1996 Subject Guide to Books in Print,1991 People of Today ,2002 **The British National Bibliography** Arthur James Wells,2007 *Forthcoming Books* Rose Army,1997 **Books in Print Supplement** ,1984 **Who's Who of American Women 2004-2005** Inc. Marquis Who's Who,Who's Who Marquis,2004-06 A biographical dictionary of notable living women in the United States of America

Exercise Physiology Laboratory Manual Julie Proctor,Charles Marks,Myung Choi,1753-01-01 **Exercise Physiology Laboratory Manual and Data Sheets** Heather Webb,2012-12-18 **Exercise Physiology - Ep 3304** Heather Webb,2013-08-09 **Laboratory Manual 2** Nancy Kabriel,Nootsie Stricklin,1997-12 *Laboratory Manual for Physiology of Exercise* Mary L. Schreiber,Physiology of exercise laboratory manual,1977 **Loose Leaf for Exercise Physiology Laboratory Manual with Connect Access Card** William C. Beam,Gene M. Adams,2015-05-18

Exercise Physiology Laboratory Manual is a comprehensive source for instructors and students interested in practical laboratory experiences related to the field of exercise physiology It can be used as both a standalone lab manual or as a complement to any exercise physiology textbook Students will come away with thorough instruction on the measurement and evaluation of muscular strength anaerobic and aerobic fitness cardiovascular function respiratory function flexibility and body composition McGraw Hill Connect is a subscription based learning service accessible online through your personal computer or tablet Choose this option if your instructor will require Connect to be used in the course Your subscription to Connect includes the following SmartBook an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content Access to your instructor s homework assignments quizzes syllabus notes reminders and other important files for the course Progress dashboards that quickly show how you are performing on your assignments and tips for improvement The option to purchase for a small fee a print version of the book This binder ready loose leaf version includes free shipping Complete system requirements to use Connect can be found here <http://www.mheducation.com> highered platforms connect training support students.html *Exercises 15 - 18* Christian Wolff,1977 **Introductory Laboratory Exercise for Human Anatomy and Physiology** Donald S. Kisiel,1980 **Exercise Physiology Laboratory Manual - EBook** Charles Marks,Myung Choi,Julie Proctor,1753-01-01 Virtual Exercise Physiology Laboratory Fred W. Kolkhorst,2004 **Human Physiology Exercises** Candi Heimgartner,2013-12-26 *Visual Anatomy and Physiology Laboratory Manual Exercises 29 And 30* Stephen N. Sarikas,2012-10-04 **DM Practice Exercises Lev 15 @ E.** Everetts,1974-01-01

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