

MUSCLE MOVEMENTS, TYPES, AND NAMES

14. Relative to general terminology concerning muscle activity, first label the following structures on Figure 6-5: insertion, origin, tendon, resting muscle, and contracting muscle. Next, identify the two structures named below by choosing different colors for the coding circles and the corresponding structures in the figure.

- ☐ Movable bone
☐ Immovable bone



Figure 6-5

16. The terms provided in the key are often used to describe the manner in which muscles interact with other muscles. Select the key terms that apply to the following definitions and insert the correct letter or term in the answer blanks.

Key Choices

A. Antagonist

B. Fixator

C. Prime mover

D. Synergist

- | | |
|-------|---|
| _____ | 1. Agonist |
| _____ | 2. Postural muscles for the most part |
| _____ | 3. Stabilizes a joint so that the prime mover can act at more distal joints |
| _____ | 4. Performs the same movement as the prime mover |
| _____ | 5. Reverses and/or opposes the action of a prime mover |
| _____ | 6. Immobilizes the origin of a prime mover |

Muscular System Anatomy Workbook Answers

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