

Chapter 11 Study Guide

Muscular System

1. Describe the function of a prime mover, antagonist, synergist, and fixator.
 - Prime mover: principal muscle that performs action
 - Synergist: assists the agonist muscle or "primary mover" for a specific action at a joint.
 - Fixator: serves as a stabilizer of one part of the body during movement of another part.
2. List the criteria used in naming muscles and provide an example to illustrate each.
 - Shape, size, location in the body, location of the attachment points, number of origin, action, direction.

Example: shape: deltoid, size: gluteus maximus, location in body: biceps femoris, location of the attachment: sternocleidomastoid, number of origin: triceps, action: supinator, direction: transversus abdominis
3. Name the common patterns of muscle fascicle arrangement and provide an example to illustrate each.
 - Common patterns of muscle fascicle: parallel, circular, convergent, pennate,
 - Parallel: sartorius circular: orbicularis oris, convergent: pectoralis major, pennate: rectus femoris
4. Name and describe the components of a lever system.
 - Lever, fulcrum, effort, load
 - Mechanical advantage: Mechanical advantages allows humans to perform tasks much easier in terms of the force they need to apply, but must always obey the conservation of energy.
 - Mechanical disadvantage: When a lever's load arm is longer than its effort arm, it is said to be at a mechanical disadvantage. It has a low load force to effort ratio.
5. Differentiate between a lever designed for speed versus power.
 - The speed lever (third-class) is the most common type of lever system in the body. Applied force is located between the load and the fulcrum
 - The power lever (second class) Load lies between the applied force and the fulcrum
6. Differentiate between a first class, second class, and third class lever and give an example of each.
 - First class lever: function: provide a way for the body to change the direction, speed, and strength of movement at a joint. example: the head and neck during neck extension.
 - Second class lever: function: the load is in the middle between the fulcrum and the effort. example: standing on tip toes
 - Third class lever: differs from the second-class lever in that the distribution of forces is changed in relation to the fulcrum. Example: elbow joint
7. What 4 muscles make up the quadriceps?
 - Rectus femoris, Vastus lateralis, Vastus medialis, Vastus intermedius
8. What 3 muscles make up the hamstring?
 - semitendinosus, semimembranosus, and biceps femoris

Human Muscular System Study Guide

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Muscular System (Speedy Study Guides) Speedy Publishing,2014-06-21 The muscular system is the network of body tissue or muscle bands that are formed over your skeleton frame The muscles in conjunction with the skeleton and the body s nervous system work together to move the body and guide it through various activities and positions Certain muscles are more dense than others as a result of certain activities such as cycling or weightlifting which helps develops the thighs or arms and which are expected to carry heavier loads A chart of the muscular system would be beneficial in helping one understand what muscles are located where in the human body If one seeks to improve their ability in a particular function the chart will assist in describing which muscles to train

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