

## **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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