

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

Richard Bailey



Human Muscular System Study Guide:

Reviewing **Human Muscular System Study Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Human Muscular System Study Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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