

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

Kevin T. Patton, PhD



Human Muscular System Study Guide:

Muscular System (Human) Speedy Study Guides Speedy Publishing,2014-07-22 The function of the muscular system is to allow for kinetic movement of the body The muscles expand and contract providing the energy for the various parts of the body to move Students studying biology or medicine would greatly benefit from this pamphlet which depicts the structures of the various muscle group with detailed diagrams making it easy from them to remember the different types of muscles and its components

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Table of Contents Human Muscular System Study Guide

1. Understanding the eBook Human Muscular System Study Guide
 - The Rise of Digital Reading Human Muscular System Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Human Muscular System Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Human Muscular System Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Human Muscular System Study Guide
 - Personalized Recommendations
 - Human Muscular System Study Guide User Reviews and Ratings
 - Human Muscular System Study Guide and Bestseller Lists
5. Accessing Human Muscular System Study Guide Free and Paid eBooks
 - Human Muscular System Study Guide Public Domain eBooks
 - Human Muscular System Study Guide eBook Subscription Services
 - Human Muscular System Study Guide Budget-Friendly Options

6. Navigating Human Muscular System Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Human Muscular System Study Guide Compatibility with Devices
 - Human Muscular System Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Human Muscular System Study Guide
 - Highlighting and Note-Taking Human Muscular System Study Guide
 - Interactive Elements Human Muscular System Study Guide
8. Staying Engaged with Human Muscular System Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Human Muscular System Study Guide
9. Balancing eBooks and Physical Books Human Muscular System Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Human Muscular System Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Human Muscular System Study Guide
 - Setting Reading Goals Human Muscular System Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Human Muscular System Study Guide
 - Fact-Checking eBook Content of Human Muscular System Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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