

EXERCISE 15 – MUSCULAR SYSTEM

OBJECTIVES

1. To define origin, insertion, agonist, antagonist and synergist.
2. To cite criteria in naming skeletal muscles.
3. To name and locate the major muscles of the human body on models.
4. To identify cat muscles.
5. To name the origin and insertion of the key human muscles, state the major movement or action of each, and explain how muscle actions are related to their location.
6. To identify antagonists of the major prime movers.

NOTES:

The labbook has much more detail than you need to know for this unit. Also realize that your TEXTBOOK actually has very good specifics and pictures on this same topic.

When examining a muscle (for the major muscles only, not all), know its origin, insertion, and the *MAJOR MOVEMENT* or *ACTION* when contracting, its antagonist, as well as the *REASON* for the muscle's name.

For examples:

Biceps brachii and ***Triceps brachii*** are **antagonistic** to each other.

Name	Origin	Insertion	Action
<i>Biceps brachii:</i> long head short head	supraglenoid tubercle – scapula coracoid process – scapula	radial tuberosity – radius	flex forearm
<i>Triceps brachii:</i> long head lateral head medial head	Infraglenoid tubercle – scapula lateral surface – humerus posterior surface – humerus	Olecranon - ulna	extend forearm

Review the terms origin and insertion in exercise 13, p. 173.

ACTIVITY 1-5: IDENTIFYING MUSCLES

Identification of human muscles (**see list**)

Identification of cat muscles (**see list**)

NOTE:

Interactive Physiology CD or access to www.interactivephysiology.com

INTERACTIVE PHYSIOLOGY MUSCULAR SYSTEM – Excellent review!

Marieb lab book website, <http://www.myaandp.com>

Practice Anatomy Lab (histology, cat dissection, human cadaver, MODELS)

Marieb Lab Manual Exercise 5

Lingjun Ying

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

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