

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 15

N Noddings



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concise activity based lab exercises that explore fundamental concepts in anatomy physiology and build students observational and laboratory skills Each lab is presented with learning objectives cogent summaries of key concepts and meaningful activities For instructors who want their students to experience how to use a microscope a complete exercise on its use and care can be found in Appendix A The fully revised Sixth Edition provides a more active workbook style approach that incorporates more visual summary tables streamlines information and engages students with hands on drawing and review activities Each lab includes a list of materials needed for conducting the lab a complete list of learning objectives at the beginning of each exercise to help students track their progress and up to date terminology in accordance with Terminologia Anatomica and Terminologia Histologica The lab manual also features a full color extensive Histology Atlas integrated Review Sheets with new full color art and new art and photos that help bring A P to life Exercise Physiology Laboratory Manual and Data Sheets Heather Webb,2012-12-18 **Anatomy & Physiology Laboratory Manual and E-Labs E-Book** Kevin T. Patton,2018-01-24 Using an approach that is geared toward developing solid logical habits in dissection and identification the Laboratory Manual for Anatomy and coloring exercises offer a kinesthetic experience useful in retention of content User friendly spiral binding allows for hands free viewing in the lab setting Step by step dissection instructions with accompanying illustrations and photos cover anatomical models and fresh or preserved specimens and provide needed guidance during dissection labs The dissection of tissues organs and entire organisms clarifies anatomical and functional relationships 250 illustrations including common histology slides and depictions of proper procedures accentuate the lab manual s usefulness by providing clear visuals and guidance Easy to evaluate tear out Lab Reports contain checklists drawing exercises and questions that help you demonstrate your understanding of the labs you have participated in They also allow instructors to efficiently check student progress or assign grades Learning objectives presented at the beginning of each exercise offer a straightforward framework for learning Content and concept review questions throughout the manual provide tools for you to reinforce and apply knowledge of anatomy and function Complete lists of materials for each exercise give you and your instructor a thorough checklist for planning and setting up laboratory activities allowing for easy and efficient preparation Modern anatomical imaging techniques such as computed tomography CT magnetic resonance imaging MRI and ultrasonography are introduced where appropriate to give future health professionals a taste for and awareness of how new technologies are changing and shaping health care Boxed hints throughout provide you with special tips on handling specimens using equipment and managing lab activities Evolve site includes activities and features for students as well as resources for instructors A Laboratory Manual for Exercise Physiology Ronald James Byrd,Freddie Melton Browning,1972 **Laboratory Manual for Exercise Physiology** G. Gregory Haff,Charles Dumke,2018-03-13 Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings Written by

experts G Gregory Haff and Charles Dumke the text builds upon the success of the first edition with full color images and the addition of several new interactive lab activities in the web study guide The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities Each laboratory chapter provides a complete lesson including objectives definitions of key terms and background information that sets the stage for learning Each lab activity supplies step by step procedures providing guidance for those new to lab settings so that they may complete the procedures New features in this edition include the following An updated web study guide that contains 10 interactive lab activities to enhance student learning including video that helps simulate the experience of performing the labs in the real world A completely new laboratory chapter on high intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking running and cycling Full color printing throughout In addition Laboratory Manual for Exercise Physiology Second Edition is thoroughly updated offering the following New research and information pertaining to each laboratory topic Current standards and norms Case studies to illuminate laboratory concepts Answers to the case studies to facilitate student learning Question sets to help students better understand laboratory concepts A lab activity finder that makes it easy to locate specific tests The web study guide for students provides lab activities with an enhanced learning experience Through this portal students and instructors can access electronic versions of individual data sheets group data sheets question sets case studies and their answers and 10 interactive lab activities Instructors also receive access to an image bank which includes most of the figures tables and photos from the book Organized in a logical progression the text builds upon the knowledge students acquire as they advance Furthermore the text provides multiple lab activities and includes an equipment list at the beginning of each activity allowing instructors flexibility in choosing the lab activities that will best work in their facility Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings As such the text serves as a high quality resource for basic laboratory testing procedures used in assessing human performance health and wellness

Exercise Physiology Laboratory Manual Gene M. Adams,1990 **Anatomy and Physiology** Elaine Nicpon Marieb,2008

Key message This full color laboratory manual is designed for instructors who teach a two semester introductory anatomy physiology course but do not require the full range of laboratory exercises found in Marieb s best selling Human Anatomy Physiology Lab Manuals Cat Fetal Pig and Man Though this lab manual can be used with any two semester text it will be most effectively used with Marieb s Anatomy Physiology Third Edition Instructors will find 27 concise activity based lab exercises that explore basic concepts in anatomy physiology For instructors who want their students to experience using a microscope a complete exercise on its use and care can be found in Appendix A Each lab is presented with learning objectives cogent summaries of key concepts and meaningful activities that build students observational and laboratory skills

Review sheets are now integrated to conveniently follow each lab exercise The lab manual also features a full color extensive and newly revised Histology Atlas Key Topics Anatomy Physiology Market For all readers interested in anatomy and physiology **Exercise Physiology Laboratory Manual** Gene M. Adams,1984 **Laboratory Manual 2** Nancy Kabriel,Nootsie Stricklin,1997-12 **Exercise Physiology - Ep 3304** Heather Webb,2013-08-09 **Lab Manual to accompany Seeley's Principles of Anatomy & Physiology** Eric Wise,2008-02-27 Written by Eric Wise of Santa Barbara City College this comprehensive manual contains 43 laboratory exercises that are integrated closely with the textbook Each exercise demonstrates key anatomical and physiological facts and principles presented in Seeley s Principles of Anatomy and Physiology by directing students to investigate specific concepts in greater detail An instructor s manual for the laboratory manual is available online at www.mhhe.com/labcentral

Marieb Lab Manual Exercise 15 Book Review: Unveiling the Magic of Language

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web the strongest man in the world is a 1975 american science fiction comedy film directed by vincent mceveety produced by walt disney productions and starring kurt russell joe flynn in his first of two posthumous roles and eve arden it was the third and final film for the series dexter riley

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