

## 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
<b><i>Biceps brachii:</i></b> long head short head	supraglenoid tubercle – scapula coracoid process – scapula	radial tuberosity – radius	flex forearm
<b><i>Triceps brachii:</i></b> 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](http://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

**Elaine Nicpon Marieb**



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**PhysioEx 3.0** Peter Z. Zao,1999-08 Presenting seven simulation based experiments and a histology tutorial PhysioEx tm V 2 0 invites students on an interactive journey of discovery as they conduct experiments that demonstrate complex physiological processes Easy to use and navigate the CD ROM provides a safe electronic environment that allows students to repeat experiments including difficult wet labs Using PhysioEx tm students can easily change parameters to provide and evaluate multiple outcomes It s an ideal complement to any physiology laboratory *Human Anatomy Laboratory Manual with Cat Dissections* Elaine Nicpon Marieb,2001 textformat 02 With 29 exercises covering all body systems a clear engaging writing style and full color illustrations this thoroughly updated edition offers readers everything needed for a successful lab experience For college instructors and students *Instructors Resource Guide* Elaine N. Marieb,Barbara Stewart,2001-11-02 *Anatomy & Physiology* Elaine Nicpon Marieb,2005 **Human Anatomy and Physiology Laboratory Manual** Elaine Nicpon Marieb,1985 **Forthcoming Books** Rose Arny,2002 **Subject Guide to Books in Print** ,1991 **Medical and Health Care Books and Serials in Print** ,1997 *Books in Print Supplement* ,1984 **The Art of Classic Planning** Nir Haim Buras,2020-01-28 An accomplished architect and urbanist goes back to the roots of what makes cities attractive and livable demonstrating how we can restore function and beauty to our urban spaces for the long term Nearly everything we treasure in the world s most beautiful cities was built over a century ago Cities like Prague Paris and Lisbon draw millions of visitors from around the world because of their exquisite architecture walkable neighborhoods and human scale Yet a great deal of the knowledge and practice behind successful city planning has been abandoned over the last hundred years not because of traffic population growth or other practical hurdles but because of ill considered theories emerging from Modernism and reactions to it The errors of urban design over the last century are too great not to question The solutions being offered today sustainability walkability smart and green technologies hint at what has been lost and what may be regained but they remain piecemeal and superficial In *The Art of Classic Planning* architect and planner Nir Haim Buras documents and extends the time tested and holistic practices that held sway before the reign of Modernism With hundreds of full color illustrations and photographs that will captivate architects planners administrators and developers *The Art of Classic Planning* restores and revitalizes the foundations of urban planning Inspired by venerable cities like Kyoto Vienna and Venice and by the great successes of L Enfant s Washington Haussmann s Paris and Burnham s Chicago Buras combines theory and a host of examples to arrive at clear guidelines for best practices in classic planning for today s world *The Art of Classic Planning* celebrates the enduring principles of urban design and invites us to return to building beautiful cities **Medical Books and Serials in Print** ,1984 **El-Hi Textbooks and Serials in Print** ,2006 *Who's Who in American Nursing 1988-1989* Jeffrey Franz,1989 **Who's who in California** ,1988 **Who's Who in California** Sarah A. Vitale,1987 **Who's Who of American Women 2004-2005** Inc. Marquis Who's Who,Who's Who Marquis,2004-06 A

biographical dictionary of notable living women in the United States of America      **Laboratory Manual for Anatomy and Physiology** Elaine N. Marieb, Lori A. Smith, 2016-01-07 A streamlined workbook style approach to the A P lab This full color laboratory manual is designed for instructors who teach a two semester anatomy physiology lab 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 Main This lab manual is written to complement Marieb s Anatomy Physiology Sixth Edition but can be used with any two semester text Instructors will find 27 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      Loose Leaf for Exercise Physiology Laboratory Manual with Connect Access Card William C. Beam, Gene M. Adams, 2015-05-18 Exercise Physiology Laboratory Manual is a comprehensive source for instructors and students interested in practical laboratory experiences related to the field of exercise physiology It can be used as both a standalone lab manual or as a complement to any exercise physiology textbook Students will come away with thorough instruction on the measurement and evaluation of muscular strength anaerobic and aerobic fitness cardiovascular function respiratory function flexibility and body composition McGraw Hill Connect is a subscription based learning service accessible online through your personal computer or tablet Choose this option if your instructor will require Connect to be used in the course Your subscription to Connect includes the following SmartBook an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content Access to your instructor s homework assignments quizzes syllabus notes reminders and other important files for the course Progress dashboards that quickly show how you are performing on your assignments and tips for improvement The option to purchase for a small fee a print version of the book This binder ready loose leaf version includes free shipping Complete system requirements to use Connect can be found here <http://www.mheducation.com/highered/platforms/connect/training/support/students.html>      **Exercise Physiology Laboratory Manual and Data Sheets** Heather Webb, 2012-12-18      **Laboratory Manual for Physiology of Exercise** Mary L. Schreiber, Physiology of exercise laboratory manual, 1977

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