

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)

Biol 1611 Lab Manual By Marieb

Jose Egremy



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Table of Contents Biol 1611 Lab Manual By Marieb

1. Understanding the eBook Biol 1611 Lab Manual By Marieb
 - The Rise of Digital Reading Biol 1611 Lab Manual By Marieb
 - Advantages of eBooks Over Traditional Books
2. Identifying Biol 1611 Lab Manual By Marieb
 - 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 Biol 1611 Lab Manual By Marieb
 - User-Friendly Interface
4. Exploring eBook Recommendations from Biol 1611 Lab Manual By Marieb
 - Personalized Recommendations
 - Biol 1611 Lab Manual By Marieb User Reviews and Ratings
 - Biol 1611 Lab Manual By Marieb and Bestseller Lists
5. Accessing Biol 1611 Lab Manual By Marieb Free and Paid eBooks
 - Biol 1611 Lab Manual By Marieb Public Domain eBooks
 - Biol 1611 Lab Manual By Marieb eBook Subscription Services
 - Biol 1611 Lab Manual By Marieb Budget-Friendly Options
6. Navigating Biol 1611 Lab Manual By Marieb eBook Formats

- ePub, PDF, MOBI, and More
- Biol 1611 Lab Manual By Marieb Compatibility with Devices
- Biol 1611 Lab Manual By Marieb Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Biol 1611 Lab Manual By Marieb
 - Highlighting and Note-Taking Biol 1611 Lab Manual By Marieb
 - Interactive Elements Biol 1611 Lab Manual By Marieb
- 8. Staying Engaged with Biol 1611 Lab Manual By Marieb
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Biol 1611 Lab Manual By Marieb
- 9. Balancing eBooks and Physical Books Biol 1611 Lab Manual By Marieb
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Biol 1611 Lab Manual By Marieb
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Biol 1611 Lab Manual By Marieb
 - Setting Reading Goals Biol 1611 Lab Manual By Marieb
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Biol 1611 Lab Manual By Marieb
 - Fact-Checking eBook Content of Biol 1611 Lab Manual By Marieb
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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