

MUSCULAR SYSTEM

Learning Outcome

After completing this exercise, you should be able to:

- Identify muscles involve in the activities.
- Describe muscle functions.
- Discuss how muscles are move.

Part A

Draw muscles origin and insertion of forearm to one of your member group. Identify what muscles involve when he/she perform the following activities.

1. Push palm of another hand
2. Typing
3. Lift book from floor

Part B

Observe one member of the group perform the following activities and provide a general description and muscles of the movement.

1. Holding a phone to your ear
Shoulder:
Elbow:
Wrist/hand:
2. Driving – holding onto a steering wheel
Shoulder:
Elbow:
Wrist/hand:
3. Stepping up a stair
Hip:
Knee/leg:
Foot:
4. Walking from standing position
Hip:
Knee/leg:
Foot:

Part C

During a concentric contraction a muscles attachments are brought closer together to perform the action of a muscle. To stretch a muscle, the attachments are brought further apart with respect to the fiber alignment. Hence, the stretching movement is exactly the opposite to the “Action” movement. Using the knowledge that you had, demonstrate and draw a picture of the position of stretch for the following muscles.

1. Pectoralis major

2. Latissimus dorsi

3. Rectus femoris

4. Gastronemius

5. Erector spine

6. Adductor magnus