

Bio 135 Lab exercises Muscle

Student Name: _____

This is a Major exercise covering 2 lab sessions. Class participation on this exercise is critical. All materials must be turned in at the end of the next lab session.

On the following page are select muscles that you are to learn and build on your models. You are to identify the origins insertions and actions of each muscle listed. Due to the extent of the muscular system it is impossible to include all muscles in this exercise. These muscles have been selected after consultation with the health professions on campus as to their clinical relevance to their fields.

You will work with a partner on this exercise. You will both receive the same grade on this activity. You will be graded on the correct placement of origin, insertion, and inclusion of all muscles listed. Muscles must be in the correct orientation to one another; That means muscles which overlap must do so correctly.

During the first class there will be a guided exercise in which we will do some of the muscles of the arm and forearm. In this exercise we will also do some muscles not on this list for the purposes of clarification. The remaining muscles will be up to you.

Upon completion of this exercise you and your partner will turn in the completed model for grading along with this page. You will have this lab and the majority of next to complete this exercise. It is due at the end of next lab. I do not believe all of these can be completed during class time and expect you will need to come in at other times to complete this assignment.

Muscle	Origin	insertion
Head and neck		
Frontalis		
Temporalis		
Orbicularis oris		
Orbicularis oculi		
Masseter		
Buccinator		
Levator anguli superioris		
Sternocleidomastoid		
Pectoral girdle and arm		
Deltoid		
Biceps Brachii		
Brachialis		
Flexor digitorum superficialis		
Supinator.		
Triceps		
Pectoralis major		
Pronator teres		
Trapezius		
Thorax and abdomen		
Latisimus dorsai		
Rectus abdominus (do not build)		
Intercostals		
Pelvic girdle and Leg		
Gluteus maximus		
Gluteus medius		
Gastrocnemious		
Adductor group (Brevis, longus, medius)		
Sartorius		
soleus		
Rectus Femoris		
Biceps femoris		
Vastus Lateralis		

