

Bio 135 Muscles Take Home activity

Student Name:

There are several exercises associated with this activity. Please complete all portions and return them to me at the beginning of our next lab session

Exercise one: Names of muscles, Actions, Origen and insertion

On the following page are select muscles have been deemed important by the health programs at BCTC. 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 are to identify the origins insertions and actions of each muscle listed. Some muscles have origins and insertions that cover a large area. You only need name the major attachments.

Exercise 2. Answer the question using your text and the CD rom provided with your text.

Exercise 3: Label the indicated muscles on your handout.

Student Name: _____

Muscle	Origin	Insertion	Action
Head and neck			
Buccinator			
Zygomaticus/levator anguli superioris			
Masseter			
Frontalis			
Orbicularis oculi			
Orbicularis oris			
Sternocleidomastoid			
Temporalis			
Pectoral girdle and arm			
Biceps Brachii			
Brachialis			
Brachioradialis			
Deltoid			
Flexor digitorum superficialis			
Pectoralis Major and minor			
Pronator teres			
Supinator.			
Trapezius			
Triceps			

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Muscle	Origin	Insertion	Action
Thorax and abdomen			
External Oblique (Do not build but fill in related information)			
Intercostals			
Latisimus dorsai			
Rectus abdominus (do not build but fill in information)			
Pelvic girdle and Leg			
Adductor group (magnus, longus and brevis)			
Biceps femoris			
Gastrocnemious			
Gluteus maximus			
Gluteus medius			
Gluteus Minimus			
Rectus Femoris			
Sartorius			
Soleus			
Tibialis anterior			
Vastus Lateralis			
Vastus Medialis			

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Instructions: View the Interactive disc provided with your text over the materials on Muscle. From your viewing of the materials and readings in your text book answer the following questions:

1. What are the three muscle types? _____

2. Which of these are voluntary? _____

3. Which of these has intercalated discs? _____

4. What is the structural and functional unit of a muscle? _____

5. What are the two proteins that interact with one another to make a muscle move?

6. What ion is needed for the muscles to function? _____

7. What is the layer of connective tissue surrounding a single muscle cell? _____

8. What is the compound used to convert ADP back to ATP during short bursts of activity?

9. The process of adding motor units to increase force is known as: _____

10. A motor unit is defined as: _____

11. What is the thick filament made of? _____

12. What is the name of the current theory that explains muscle activity?

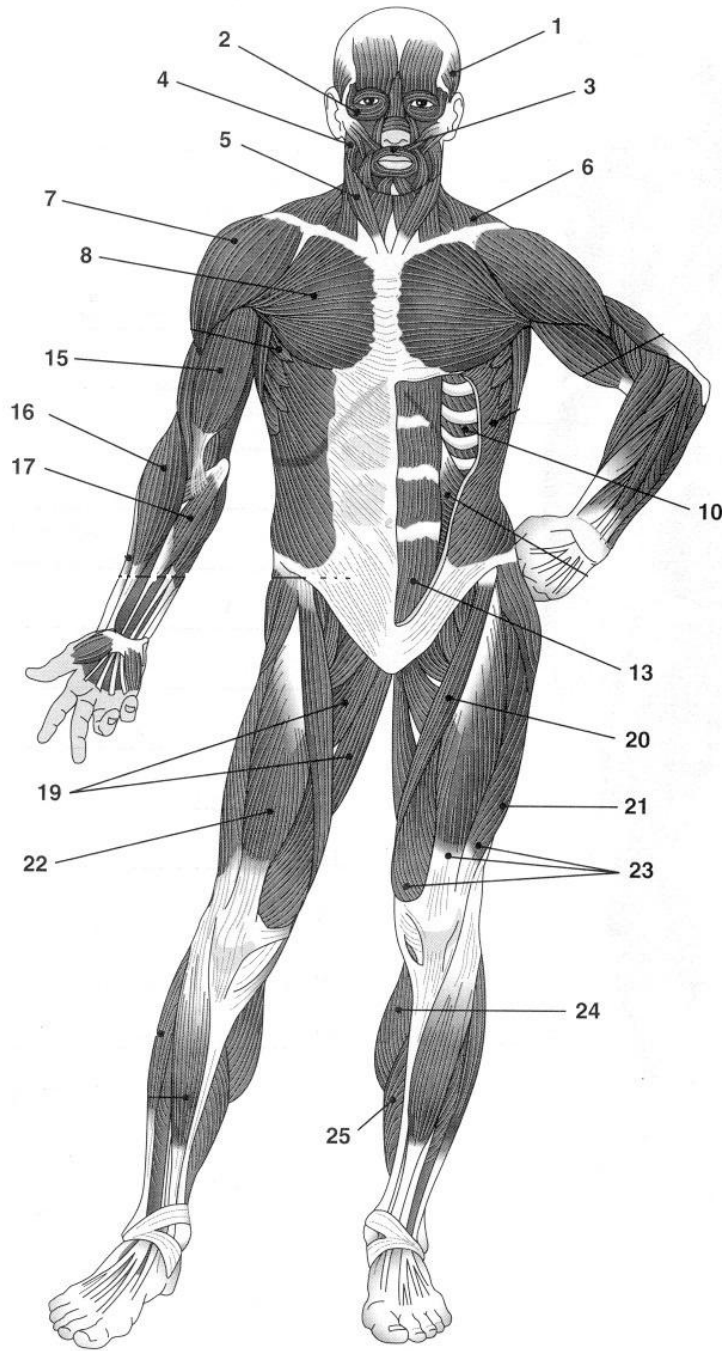
13. Bundles of muscle cells are called: _____

14. Muscles are attached to bone by: _____

15. What is the molecule shaped like a double headed golf club? _____

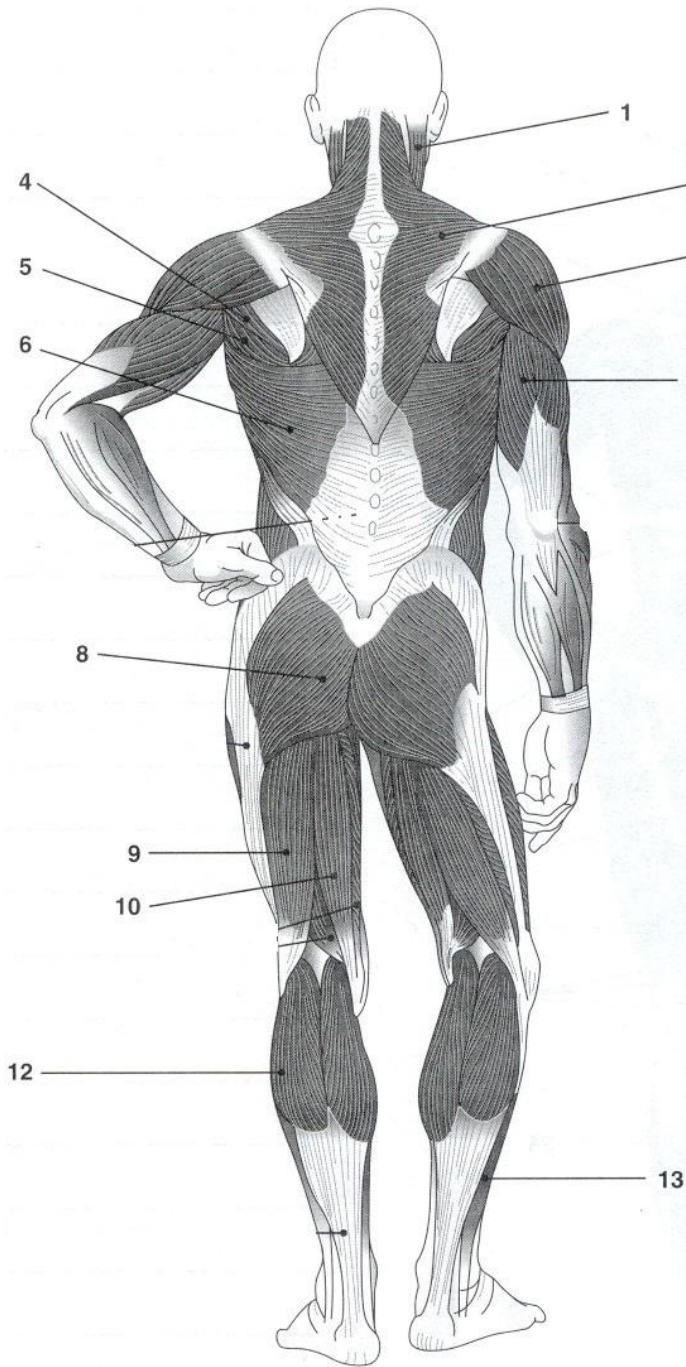
16. What is the thin filament made of? _____

Muscles labeling Exercise:



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
10. _____
13. _____
15. _____
16. _____
17. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

Superficial muscles, anterior view



1. _____
2. _____
3. _____
6. _____
7. _____
8. _____
9. _____
10. _____
12. _____
13. _____

Superficial muscles, posterior view