Muscular System Take-Home Assignment

If you do not have time to work on this last part of the chapter in lab, then complete it on your own before the next lab. Your instructor may wish to have you turn it in for a grade.

III. The general function of a skeletal muscle

Objective 3: Describe the general function of a skeletal muscle.

In the next three chapters you will be expected to learn how to identify various skeletal muscles and their functions. The function of a muscle is often referred to as its action. For most skeletal muscles, the action involves pulling one part of the skeleton toward another part of the skeleton as the muscle shortens. However, there are some muscles that cause the movement of soft tissues rather than bones (e.g., the orbicularis oris). Define the following terms to gain a better understanding of how skeletal muscles function.

ACTIVITY 3

• Define the following terms:

  belly

  tendon

  aponeurosis

  origin

  insertion

  synergist

  antagonist
IV. Skeletal muscle nomenclature

Objective 4: List several criteria for naming muscles.

Before moving on to the remaining chapters we will examine some of the ways in which muscles are named. Unfortunately, there is not one standard convention, and many muscles have long, Latin-based names that can be quite difficult to remember, spell, and pronounce. However, if you can remember some general rules you should find it easier to remember most of the names.

ACTIVITY 4

• Here is a list of methods for naming muscles. For each method, give at least two examples from the list of muscles in Chapter 28.

1. A muscle may be named for its action.

2. A muscle may be named for its location in the body.

3. A muscle may be named for one or more of its attachments.

4. A muscle may be named for the orientation of its fibers. Hint: the word rectus means straight, and the word oblique means at an angle.

5. A muscle may be named for its shape.

6. A muscle may be named for its size. Hint: the words major, maximus, and magnus refer to a large muscle.

7. A muscle may be named for the number of origins. Hint: the word ceps is Latin for head, which in the case of a skeletal muscle refers to its origin.

8. A muscle may be named according to any combination of these methods. For example, the adductor magnus fits criteria #7 and #3.