

The Muscular System



Objectives

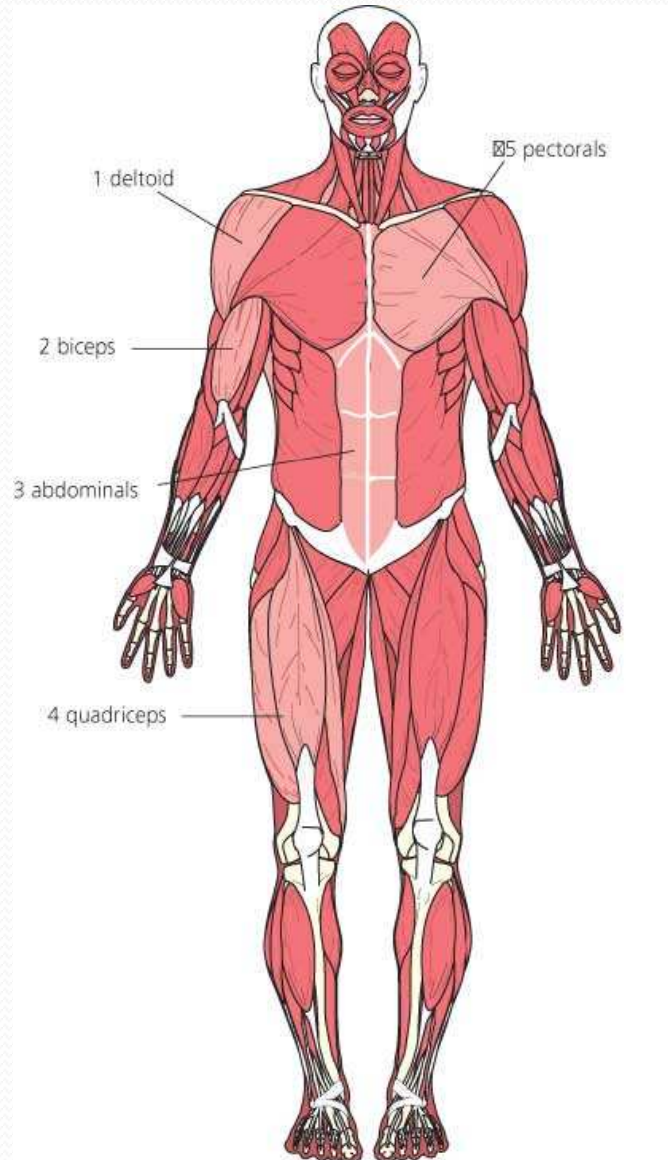
- Know the different names and functions of the main muscles

Starter

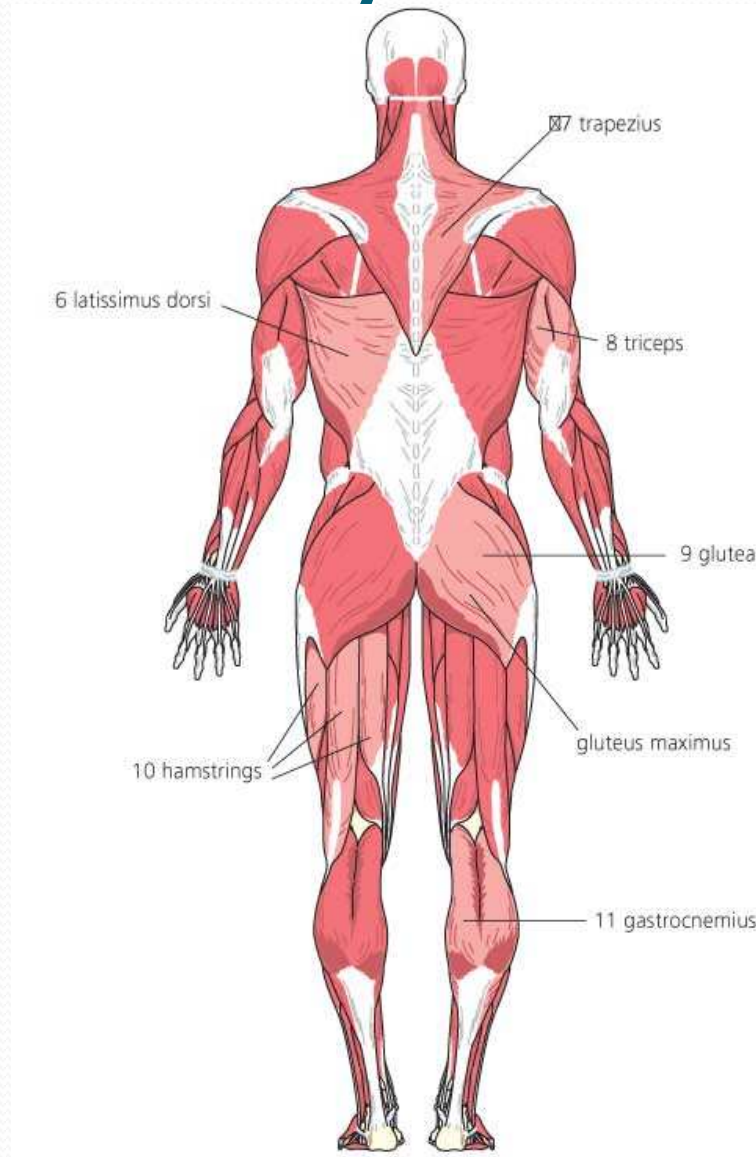
- Muscle Models!
- Stick the name of the muscle where you think it is on your muscle model

1. Deltoid
2. Gluteus Maximus
3. Biceps
4. Gastrocnemius
5. Triceps
6. Quadriceps
7. Pectorals
8. Abdominals
9. Hamstrings
10. Latissimus Dorsi
11. Trapezius

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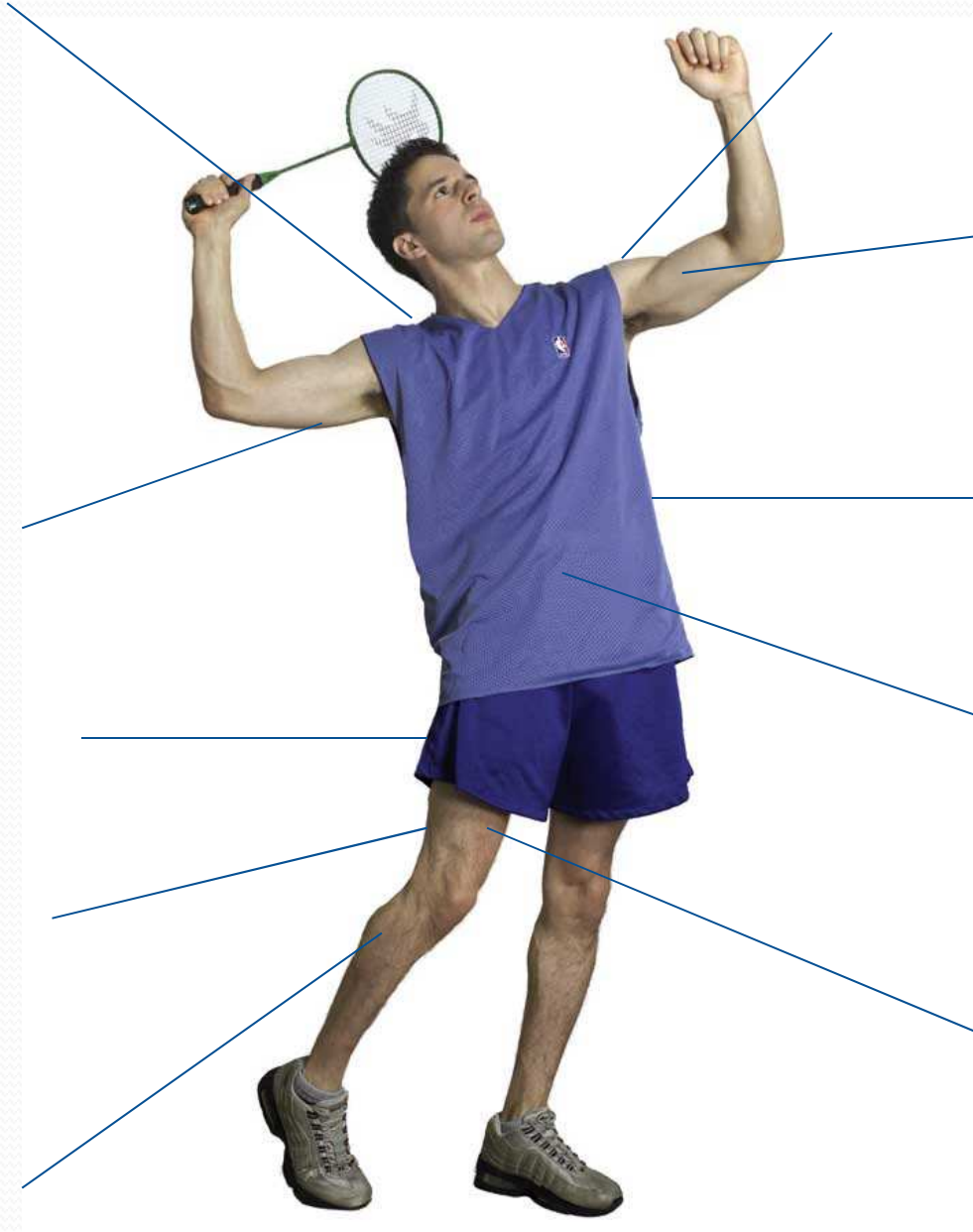
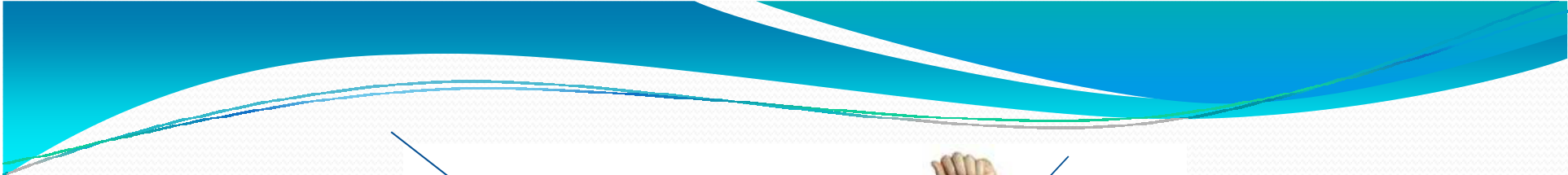


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Muscle	Main action (s)
Deltoid	Raises your arms sideways at the shoulder
Biceps	Bends your arm at the elbow
Abdominals (4 muscles)	Pulls in your abdomen, flex your trunk so you can bend forwards
Quadriceps (4 muscles)	Straighten your leg at the knee and keep it straight when you stand
Pectorals	Raises your arms at the shoulder, draws it across your chest
Latissimus Dorsi	Pulls your arm down at the shoulder, draws it behind your back
Trapezius	Holds and rotates your shoulders, moves head back and sideways
Triceps	Straightens your arm at the elbow joint
Gluteals (3 muscles)	Pulls your leg back at the hip, raises leg sideways at the hip. Gluteus maximus is the biggest of these three muscles
Hamstrings (3 muscles)	Bends your leg at the knee
Gastrocnemius	Straightens the ankle joint so that you can stand on your tip toes



Questions

- Complete questions 1 – 5 page 89