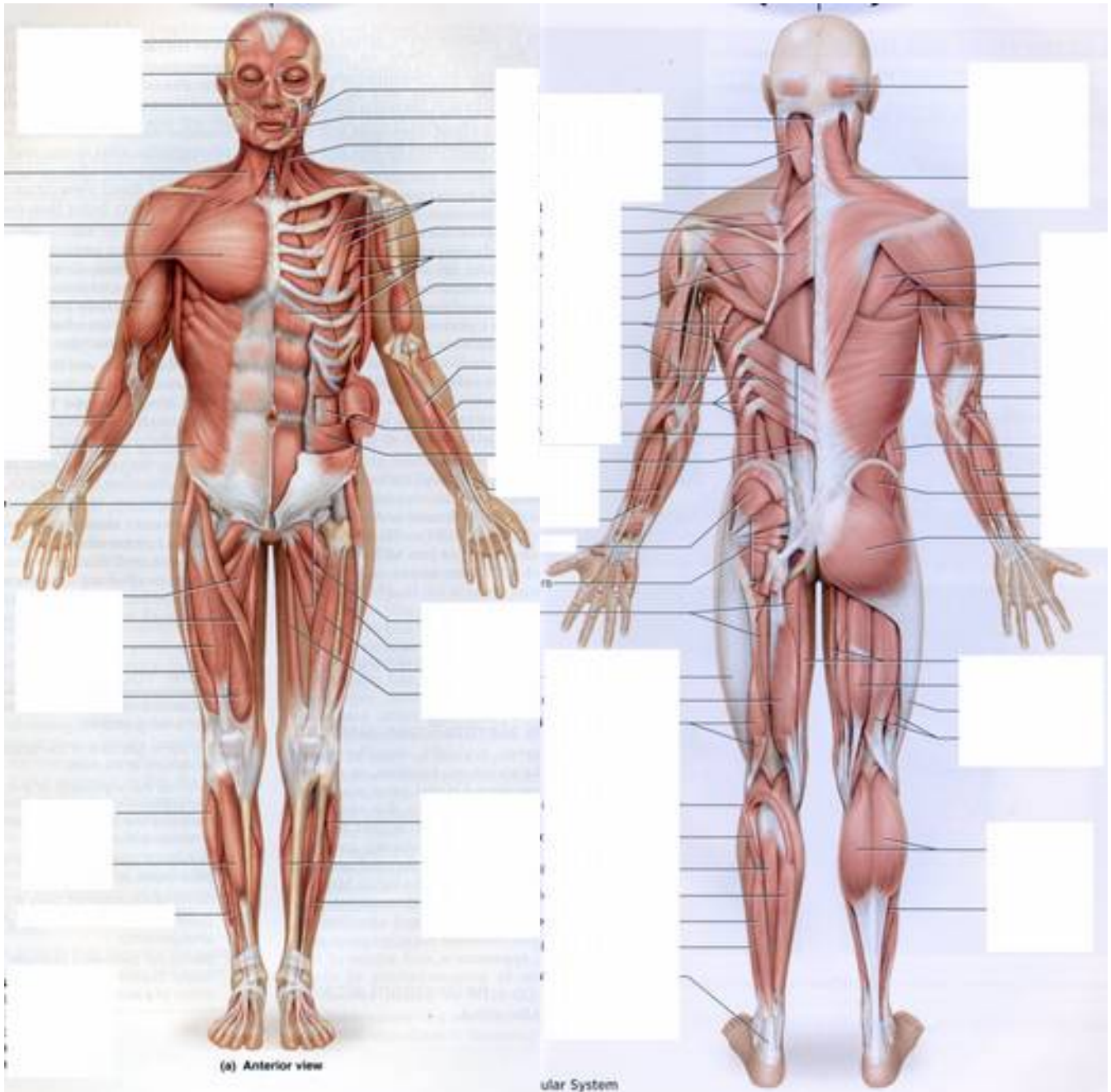


Worksheet 07: Muscles (cont.) with appendicular muscles and muscle groups

Name:

1. Label the following (mostly) appendicular muscles:

- | | | | |
|-----------------|-------------------------------|-----------------------------|------------------------------------|
| deltoid | biceps brachii | pectoralis major | pectoralis minor |
| trapezius | latissimus dorsi | brachialis | triceps brachii |
| brachioradialis | sartorius | gracilis | adductors (brevis, longus, magnus) |
| rectus femoris | vastus lateralis and medialis | tensor fascia latae | biceps femoris |
| semitendinosus | tibialis anterior | gastrocnemius (superficial) | soleus (deep) |



2. Name 5 muscles that "position the pectoral girdle". Hint: see table in textbook.

3. Name 3 muscles that move the humerus (move the shoulder). Provide the insertion and origin for each of your selected muscles.

4. Name two muscles that move the forearm (flexion or extension of the elbow). Provide the insertion and origin for each of your selected muscles. Also, indicate what movement occurs when the muscle is contracted (flexion, extension, rotation, etc.)

5. Name two muscles that move the hip (gluteal muscles that move the femur). Provide the movement, insertion and origin for each of your muscle selections.

6. Provide at least one muscle responsible for extension of the knee. Provide at least one muscle responsible for flexion of the knee.

7. Name a muscle responsible for plantar flexion of the ankle. Name a muscle responsible for dorsiflexion of the ankle.

