

## Muscle Lab Practical

Fifty percent of the lab practical (50 points) is identification of muscles.

Identify a muscle on a cadaver	20 questions
Identify a muscle on a muscle model	20 questions
Identify a muscle on a muscle person photograph	10 questions

Muscle identification questions are fill-in-the blank. Spelling counts. One half point off for every misspelled word.

Fifty percent of the lab practical (50 points) is on muscle actions.

Identify a movement made by the instructor	10 questions
Given a muscle, name all of its actions	20 points
Given an action, name all the muscles responsible	20 points

For the action questions, a list of actions and blank tables will be provided. The action list is identical to the lab handout on actions, so be sure you can identify each movement on the handout. The blank tables are very similar to the summary tables in the lab handout you filled out while doing ADAM. Please note that the tables will be “scrambled,” so do not try to learn a “pattern.” You simply need to know the actions.

Muscle	Extends the vertebral column (1)	Flexes the vertebral column (3)	Rotates the vertebral column (3)	Laterally flexes the vertebral column (3)	Compress the abdomen (4)
Erector spinae (3)					
Rectus abdominis (2)					
External abdominal oblique (4)					
Internal abdominal oblique (4)					
Transversus abdominis (1)					

## **DVD**

The DVD has a "name the muscle" exercise on the cadaver. It also has a person demonstrating movements and asking you for the muscles responsible.

## **Web Sites For Muscle Models**

1. <http://www.gwc.maricopa.edu/class/bio201/index.html>  
Click on Cool A&P Tutorials on the bottom of the screen. Click on Muscles. Click on the picture of a view of model.

## **Math and Science Center (second floor of the library)**

Muscle people pictures and a muscle man model are available at the Math + Science Center (second floor of the library).

ADAM is available at the Open Computer Lab.

1. Muscle people pictures and a muscle man model are available.
2. ADAM is available.
3. Math+Science Center Hours:  
Monday - Thursday 8:00 a.m. - 9:00 p.m.  
Friday 8:00 a.m. – 12:00 p.m.  
Saturday 9:00 a.m. – 1:00 p.m.