Muscles Lab

Students will learn the muscles, their actions and the origin and insertion for select muscles. There are a number of muscle videos available which can be useful to play in lab. It may help to give students an introduction to

- how muscles are named
- origins and insertions (and how to determine them from the actions)

Case Study "Too Tired to Stand"
This case study is woven through the lab this week and the diagnosis is given at the end. Please encourage students to start the lab this week by reading the case study and answering the first several questions in the lab book
Material Needed: none

Activity 1: Muscle Actions **(in pairs)**
Students will use the images in the lab. It might be helpful to demonstrate muscle actions in class by having everyone stand up and practice the movements listed in table 1.
Materials Needed: None required

Activity 2: Muscles of the Axial Skeleton **(in pairs)**
Students will need the head and full torso model at their table. While one pair works on the head, the other should work on the torso. They should use the terminology labels to label the models. The labelling activity in the in-lab will help them identify the muscles on the models.
Materials Needed: Terminology labels, full body model and head model

Activity 3: Muscles of the Appendicular Skeleton **(in pairs)**
Students will need an arm and a leg model. While one pair works on the leg model, the other should work on the arm model. They will be completing the labeling activities on the images and will also complete the chart locating the number on the model and fill in in the muscle name. You might want to encourage students to check this sheet with you.
Materials Needed: Terminology labels, leg model and arm model

Lab Clean-up Instructions
Students must clean the lab benches with the disinfectant solution. All models must be placed back on the side bench and all labels should be placed back in the correct spot on the terminology sheets.