

Muscular System Notes Part 3: Movement & Muscles

Questions	Notes
Describe the two attachment points?	<p>I. Body Movements & Muscles</p> <ul style="list-style-type: none"> • Movement is attained due to a muscle moving an attached bone • Muscles are attached to at least two points <ul style="list-style-type: none"> ○ _____ - attachment to a moveable bone ○ _____ - attachment to an immovable bone
Describe the types of body movements?	<p>A. Types of Ordinary Body Movements</p> <ul style="list-style-type: none"> • _____ - decreases angle of joint and brings two bones closer together • _____ - increases angle of joint • _____ - movement of a bone in longitudinal axis, shaking head "no" • _____ - moving away from the midline • _____ - moving toward the midline • _____ - cone-shaped movement, proximal end doesn't move, while distal end moves in a circle. <p>B. Types of Muscles</p> <ul style="list-style-type: none"> • _____ - muscle that does most of the work • _____ - muscle that helps a prime mover in a movement • _____ - muscle that opposes or reverses a prime mover <ul style="list-style-type: none"> ○ Antagonist muscle pairs work opposite one another ○ Ex. _____ (flexion of forearm) and _____ (extension of forearm)
What are the criteria used to naming a muscle?	<p>C. Naming of Skeletal Muscles</p> <ul style="list-style-type: none"> • _____ of muscle fibers <ul style="list-style-type: none"> ○ Example: rectus (straight), orbicularis (circular) • _____ of the muscle <ul style="list-style-type: none"> ○ Example: maximus (largest), minimus (smallest), longus (long), brevis (short) ▪ _____ of the muscle <ul style="list-style-type: none"> ○ Example: pectoralis (chest), external (outside), frontalis (frontal)



