

Muscle Presentation Project (Due June 10th)

Part 1:

Draw a picture of the 5 muscles (and the bones they are attached to) you've been assigned (one muscle per page—or you can use a poster board that includes a drawing of all 5 muscles. Be sure to label the origin and insertion. There is no expectation for you to have artistic ability—so just do your best.

Part 2:

Be prepared to present muscles to our group. For each muscle, you will need to use maxine and/or your own body, to identify/describe the:

1. Origin
 2. Insertion
 3. Actions
 4. Synergist
 5. Antagonist
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Alaina:

1. Rhomboids
2. Erectors
3. Latissimus Dorsi
4. Teres Major
5. Serratus Anterior

Erica:

1. Gluteus Maximus
2. Gluteus Medius
3. Gluteus Minimus
4. Piriformis
5. Tensor Fascia Latae

Gloria:

1. Rectus Abdominus
2. External Obliques
3. Internal Obliques
4. Pectoralis Major
5. Pectoralis Minor