**Macroscopic Muscle**

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| **How do Muscles Work? - Macroscopic anatomy of muscles** * Muscles are attached to bones. All ***skeletal*** muscles cross at least one joint.
* Each muscle pulls from an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Each muscle produces a specific movement – “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

Screen shot 2013-12-05 at 12.37.42 PM.png |
| Screen shot 2013-12-05 at 12.39.54 PM.png | **Naming Muscles*** Named for its \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ Ex: **S**terno**C**lido **M**astoid
 |
| **Skeletal Muscles: Functional Groups**Muscles work in pairs located on opposite sides of a joint * Muscles \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – NEVER PUSH
	+ Work together to do the opposite of each other
1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Provides the major force for producing a specific movement
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Opposes or reverses a particular movement
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Works together with a prime mover to add force or control
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**Activity: Pick a Muscle and Find:**

* Identify the movement
	+ Demonstrate to class

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| * Prime Mover
 | Synergist | * Antagonist
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