**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 |

**Activity: Pick a Muscle and Find:**

* Identify the movement
  + Demonstrate to class

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| * Prime Mover | Synergist | * Antagonist |