Lesson Seven Part Three

Sports Medicine I

Unit Two – Anatomy: Skeletal Muscle

Skeletal muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to bone.

They \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on one part of bone and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on another.

Origin

Insertion

Naming Skeletal Muscles

 Action or Function

 Example:

 Direction of Fibers

 Example:

 Location

 Example:

 Number of divisions

 Example:

 Shape

 Example:

 Size

 Example:

 Points of Attachment

 Example: