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: