

APA 1313

Lab 4 - Muscles of the head, trunk and pelvis

The purpose of this laboratory is to learn the muscles of the head, trunk and pelvis. Skeletal muscles play a vital role in the posture and locomotion of the human body. They allow us to carry out all the actions you learned in Lab 1, and they give shape to our bodies (think of a bodybuilder compared to a fashion model). Understanding the location and function of our skeletal muscles is essential for Human Kinetics students as it is the foundation of the program. Taking the time to manipulate the muscle models in the lab and to palpate your muscles (as well as those of your colleagues) will greatly help you learn where each muscle is located and its specific role in the human body.

*****T-shirts or tank tops are required for this lab to facilitate palpating your peers.***

Bell Ringer Test#3 (Value: 3%)

Teaching Assistant Demonstration

- * Palpating the erector spinae muscles (iliocostalis, longissimus & spinalis) as well as the sternocleidomastoid muscle.

Pertinent Models & Specimens

- * Full skeletons (with and without muscle attachment markings)
- * Spine models
- * Muscled models of the head, trunk, and pelvis
- * Individual bones (sternum, vertebrae, ribs, pelvis)

Self-Directed Learning

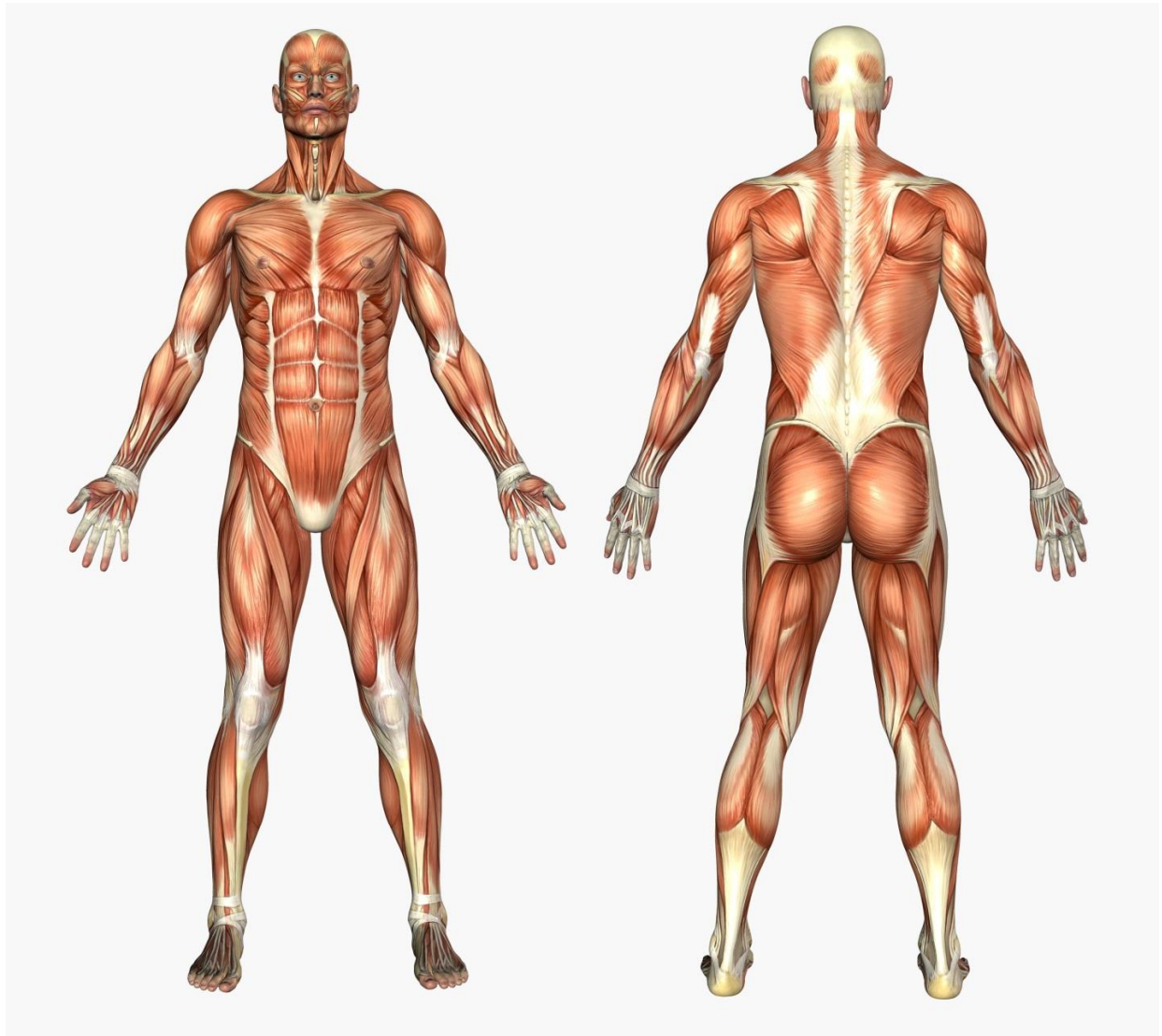
- * Identify the origins and insertions of the head, trunk and pelvic muscles:
splenius capitis, splenius cervicis, erector spinae (iliocostalis, longissimus, & spinalis), semispinalis, multifidus, rotatores, interspinalis muscles, intertransverse muscles, levator costarum, intercostal muscles (external, internal & innermost), external oblique, internal oblique, transverse abdominis, rectus abdominis, pyramidalis, quadratus lumborum, thoracic diaphragm, platysma, & sternocleidomastoid.
- * Be able to describe the actions of each head, trunk and pelvic muscles listed above.
- * Learn which group each muscle belongs to (e.g. deep layer of the back muscles, muscles of the anterolateral wall of the abdomen, etc.).
- * Understand which muscles act together and oppose each other to carry out specific movements (Refer to pages 241-242 & 300-301 in "Functional Anatomy...").

Clinical Anatomy

- * Practice palpating the muscles listed above by following the instructions in "Functional Anatomy..." pages 220, 222, 228-230, 280-291, 294-298.
- * Quiz yourself and your peers by shouting out bodily landmarks learned in this lab (and previous labs) and having each other locate these landmarks as quickly as possible.

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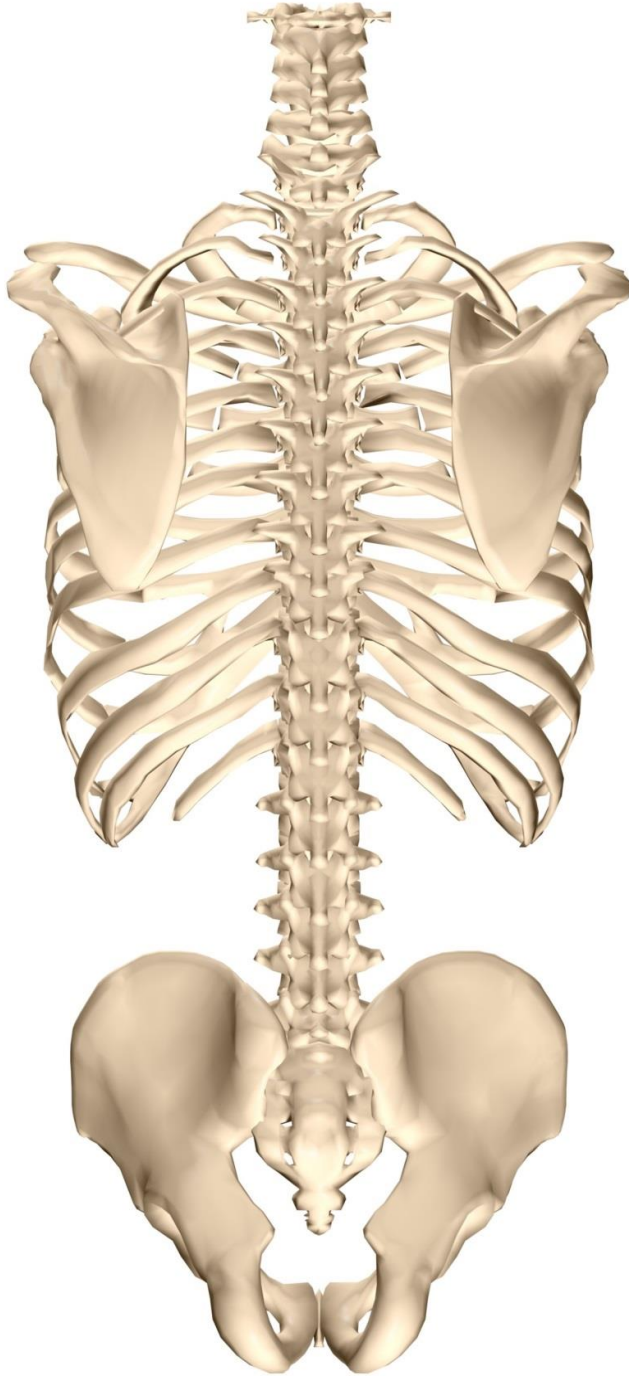
Label the muscles previously mentioned in this lab.



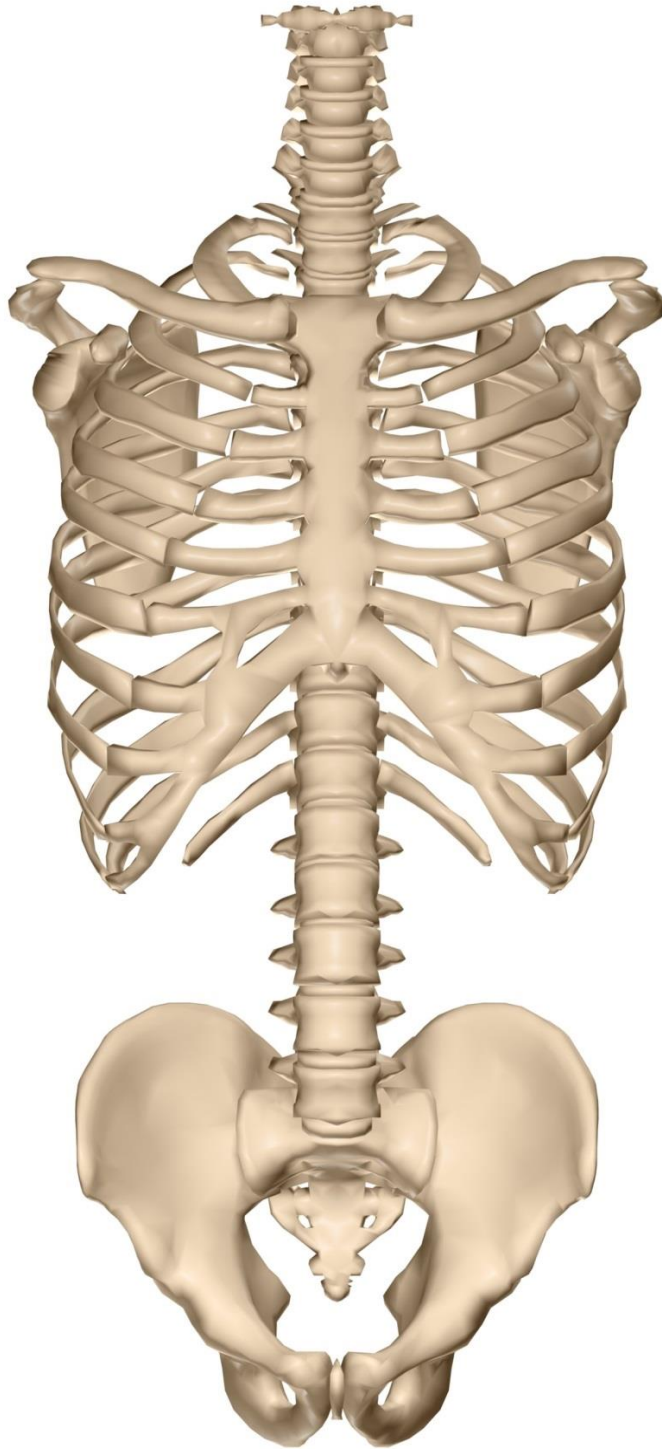
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Draw the muscles previously mentioned in this lab on the following figures.



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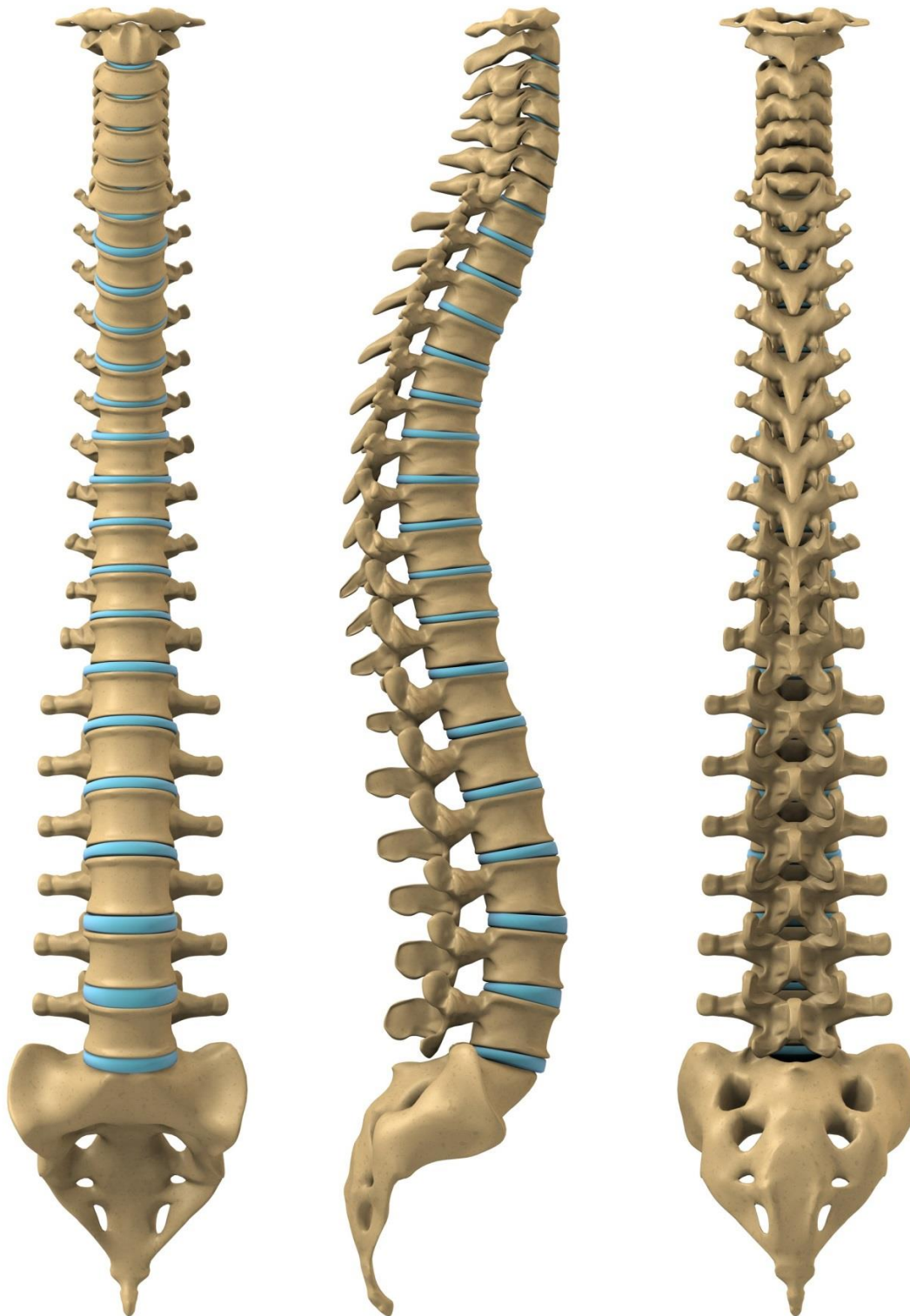
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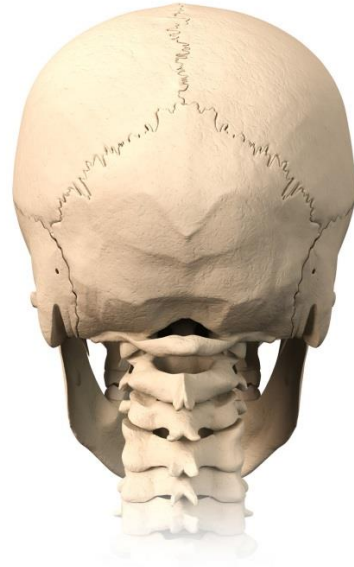
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