

Muscles In Action!

Know Your Muscles – A Functional Approach to Movement

Name: _____

Instructions: Choose four muscles from your Anatomy Coloring Book (pp 114). For each one, complete the prompts below. Think about how this muscle works in the body, not just where it is. Use your class notes, diagrams, and coloring book to help.

Muscle #1

Muscle Name: _____

Body Region (Where is this muscle located?):

What movement does this muscle help perform?

(ex. Hip extension when rising from a squat)

Which muscle group performs the opposite movement?

What nerve innervates this muscle? (Initials are okay)

Muscle #2

Muscle Name: _____

Body Region:

What movement does this muscle help perform?

Which muscle group performs the opposite movement?

What nerve innervates this muscle?

Muscle #3

Muscle Name: _____

Body Region:

What movement does this muscle help perform?

Which muscle group performs the opposite movement?

What nerve innervates this muscle?

Muscle #4

Muscle Name: _____

Body Region:

What movement does this muscle help perform?

Which muscle group performs the opposite movement?

What nerve innervates this muscle?
