

Muscle Lab

In this lab students will learn to identify the major skeletal muscles of the human body. Use your textbook to identify and label the muscles listed below. Watch the video on the Anatomy and Physiology website that is associated with this lab.

Activity One: Skeletal Muscle

Please identify and label the following skeletal muscles listed below. Use your textbook to complete this activity, the skeletal muscles can be found on Figure 10.5 (pages 316-317).

HEAD

- Frontalis
- Orbicularis oculi
- Masseter
- Orbicularis oris

NECK

- Sternocleidomastoid
- Trapezius

TRUNK

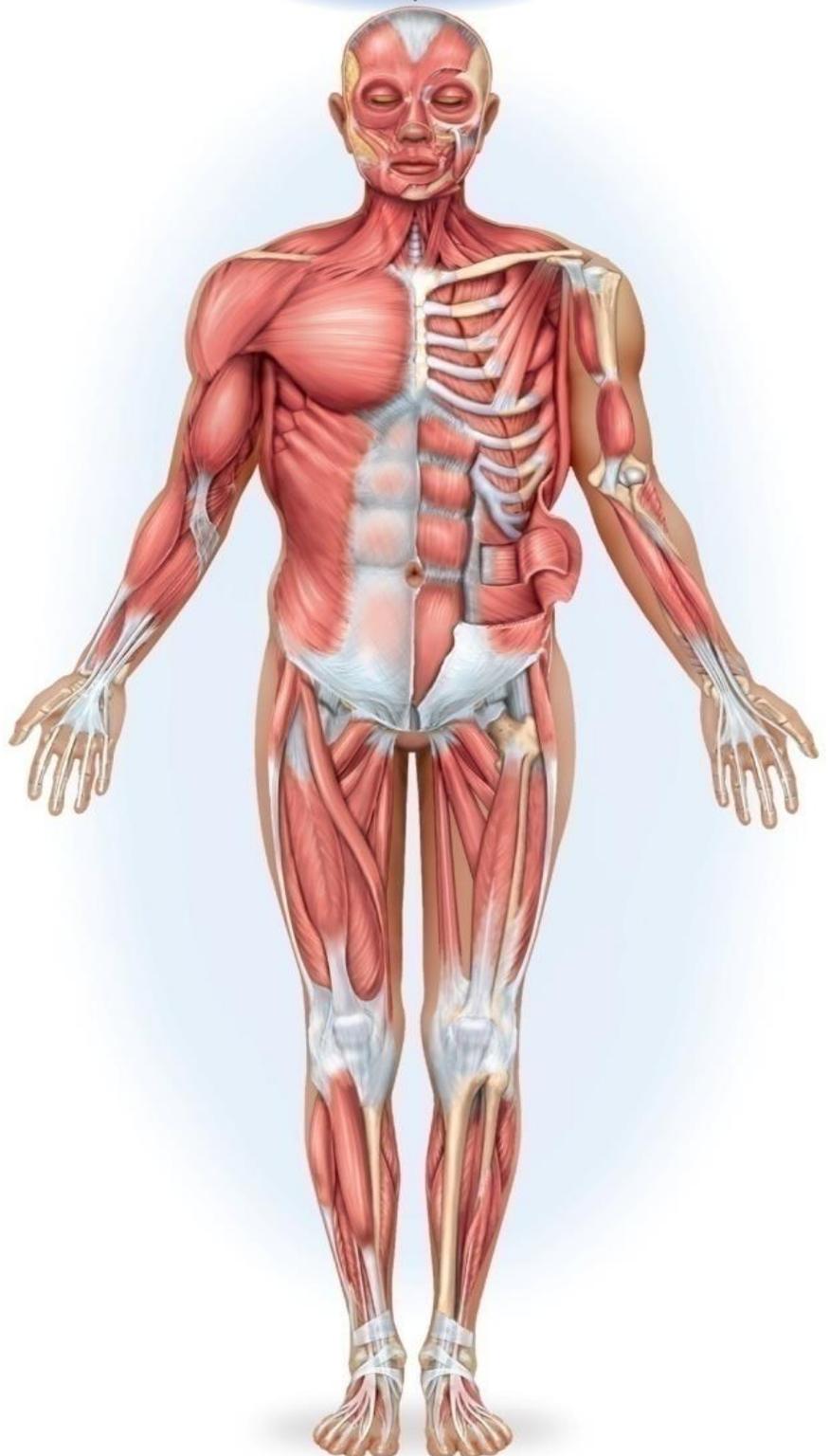
- Pectoralis major
- Serratus anterior
- Rectus abdominis
- External abdominal oblique

LEG AND HIP

- Pectineus
- Adductor longus
- Gracilis
- Tensor fasciae latae
- Sartorius
- Rectus femoris
- Vastus lateralis
- Vastus medialis
- Tibialis anterior

ARM AND SHOULDER

- Deltoid
- Biceps brachii
- Brachialis
- Brachioradialis
- Flexor carpi radialis



NECK

— Trapezius

TRUNK

— Infraspinatus

— Teres major

— Teres minor

— Latissimus dorsi

LEG AND HIP

— Gluteus maximus

— Biceps femoris

— Semitendinosus

— Semimembranosus

— Gracilis

— Gastrocnemius

ARM AND SHOULDER

— Deltoid

— Triceps brachii

— Extensor digitorum

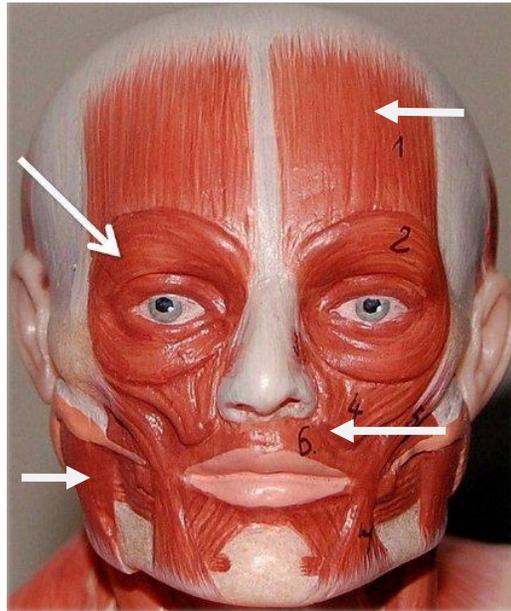


Activity Two: Skeletal Muscle (Model)

Please identify and label the following skeletal muscles (same as above) on the models below. Watch the Muscle Lab Video on the Anatomy and Physiology Website to help you complete this activity.

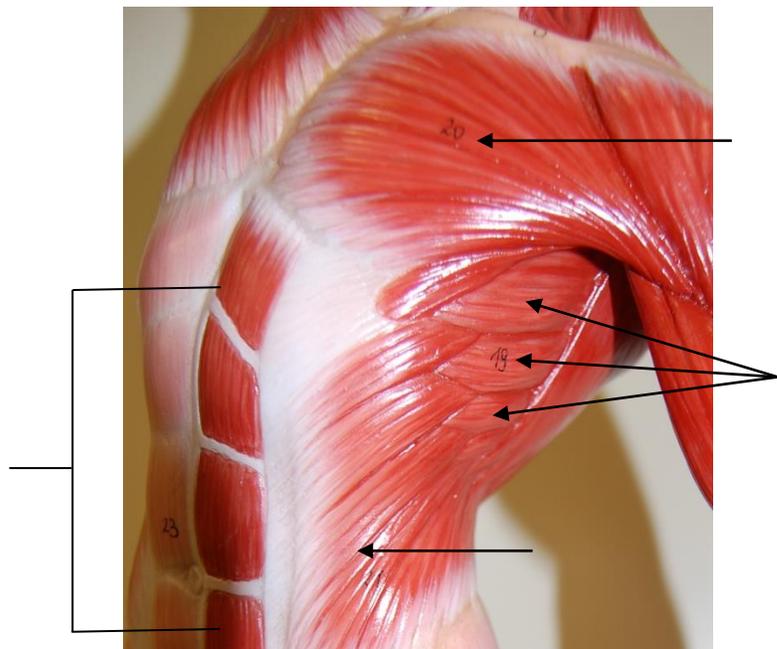
HEAD

- Frontalis
- Orbicularis oculi
- Masseter
- Orbicularis oris



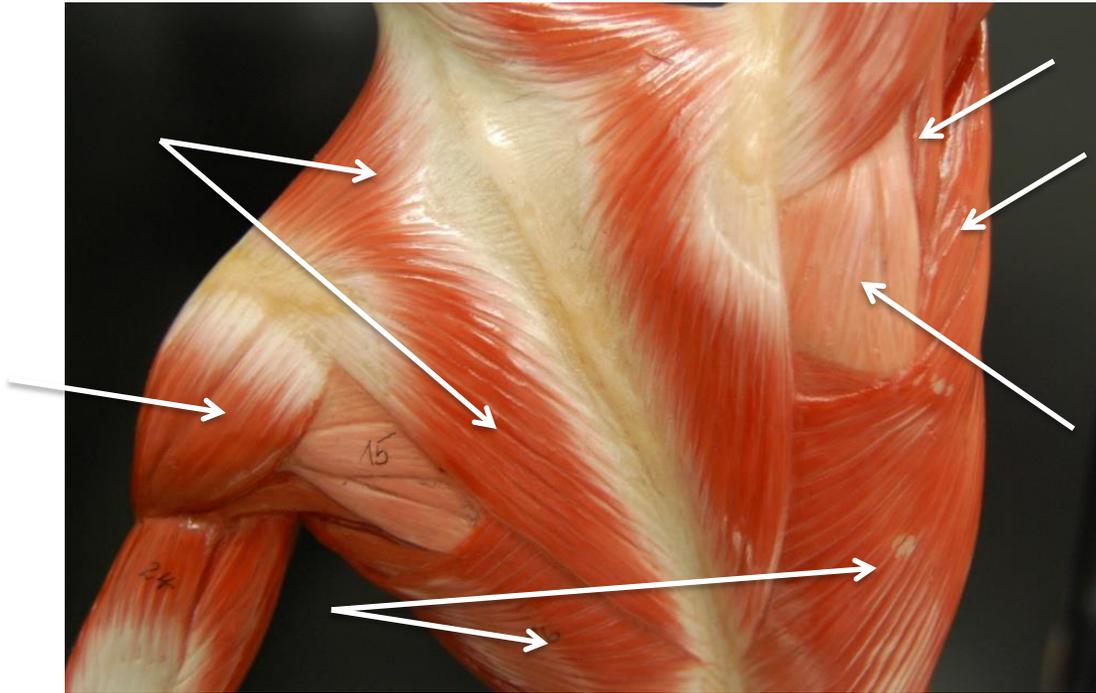
TRUNK (Anterior view)

- Pectoralis major
- Serratus anterior
- Rectus abdominis
- External abdominal oblique



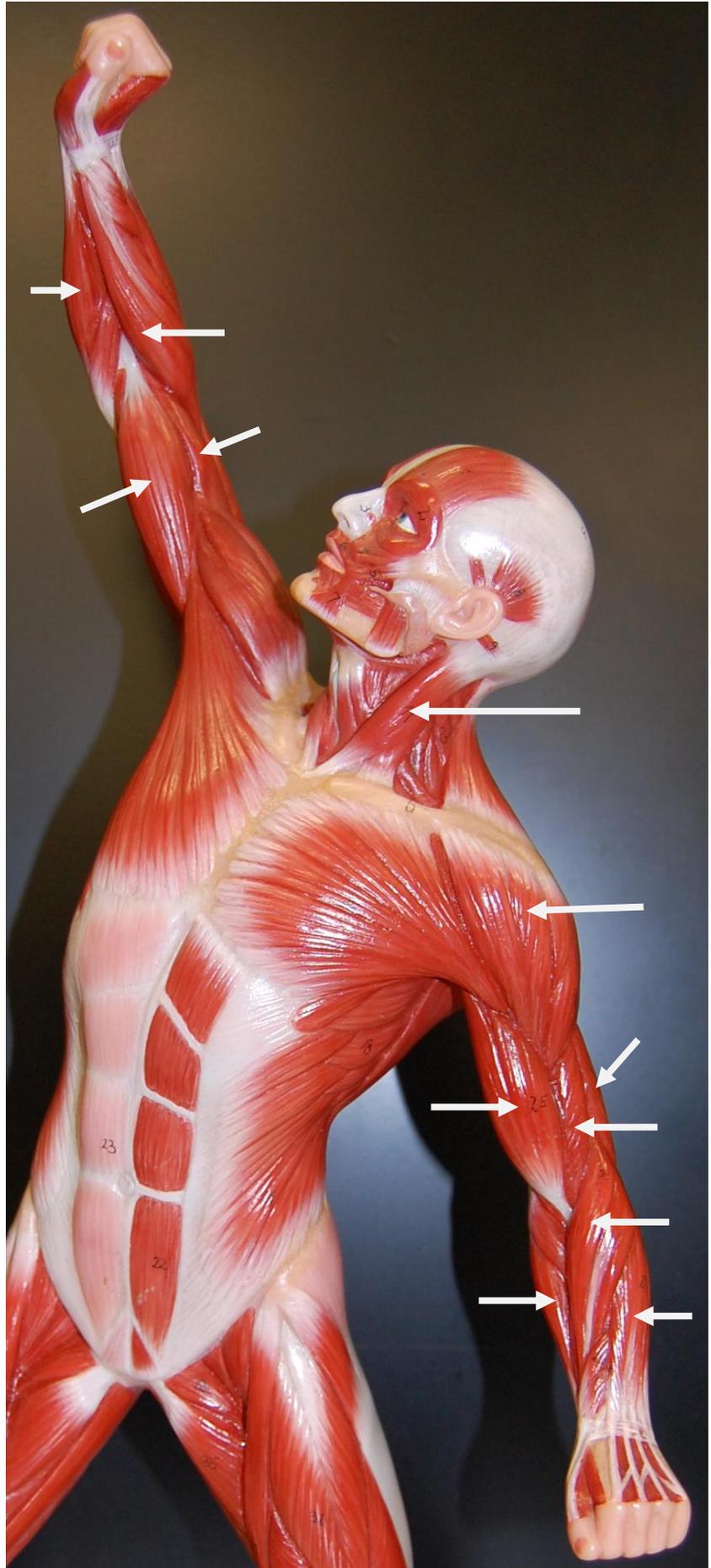
TRUNK (Posterior view)

- Infraspinatus
- Teres major
- Teres minor
- Latissimus dorsi
- External abdominal oblique



ARMS & SHOULDER

- ___ Deltoid
- ___ Biceps brachii (x2)
- ___ Brachialis (2x)
- ___ Brachioradialis (x2)
- ___ Flexor carpi radialis (x2)
- ___ Triceps brachii
- ___ Extensor digitorum
- ___ Sternocleidomastoid



LEG & HIP

- Pectineus
- Adductor longus
- Gracilis
- Tensor fasciae latae
- Sartorius
- Rectus femoris
- Vastus lateralis
- Vastus medialis
- Tibialis anterior

- Gluteus maximus
- Biceps femoris
- Semitendinosus
- Semimembranosus
- Gracilis
- Gastrocnemius

