Standard Deviants – Muscles Video Guide Questions

1. What are the 3 muscle types: _______, __________, __________
2. Cardiac muscle is both ________ and __________.
3. Give an example of where smooth muscle can be found.

4. Humans have over _______ skeletal muscles that serve a variety functions including ____________, and ________ to name a few.

5. What are the 7 different muscle naming criteria?
   1. __________
   2. __________
   3. __________
   4. __________
   5. __________
   6. __________
   7. __________

6. Fill in the following terms that apply to muscle naming conventions:
   a. Straight = ____________
   b. Across = ____________ (ie. perpendicular)
   c. Diagonal = ____________

7. Origin describes a muscles attachment to ________ bone, while insertion describes a muscles attachment to ________ bone.

8. Extensor muscles extend, meaning they (increase, decrease) the angle between 2 bones.

9. Which muscles help move your tongue and facial muscles?

10. These muscles help to move the head and neck:

11. What 3 muscles help you breathe? ____________, ____________, ____________

12. Name the muscles of the abdominal wall:

13. What 2 major groups make up the muscles of the thigh: a) __________ and b)__________.
   a. ____________, ____________, ____________, ____________
   b. ____________, ____________, ____________