

Module 9 LO1

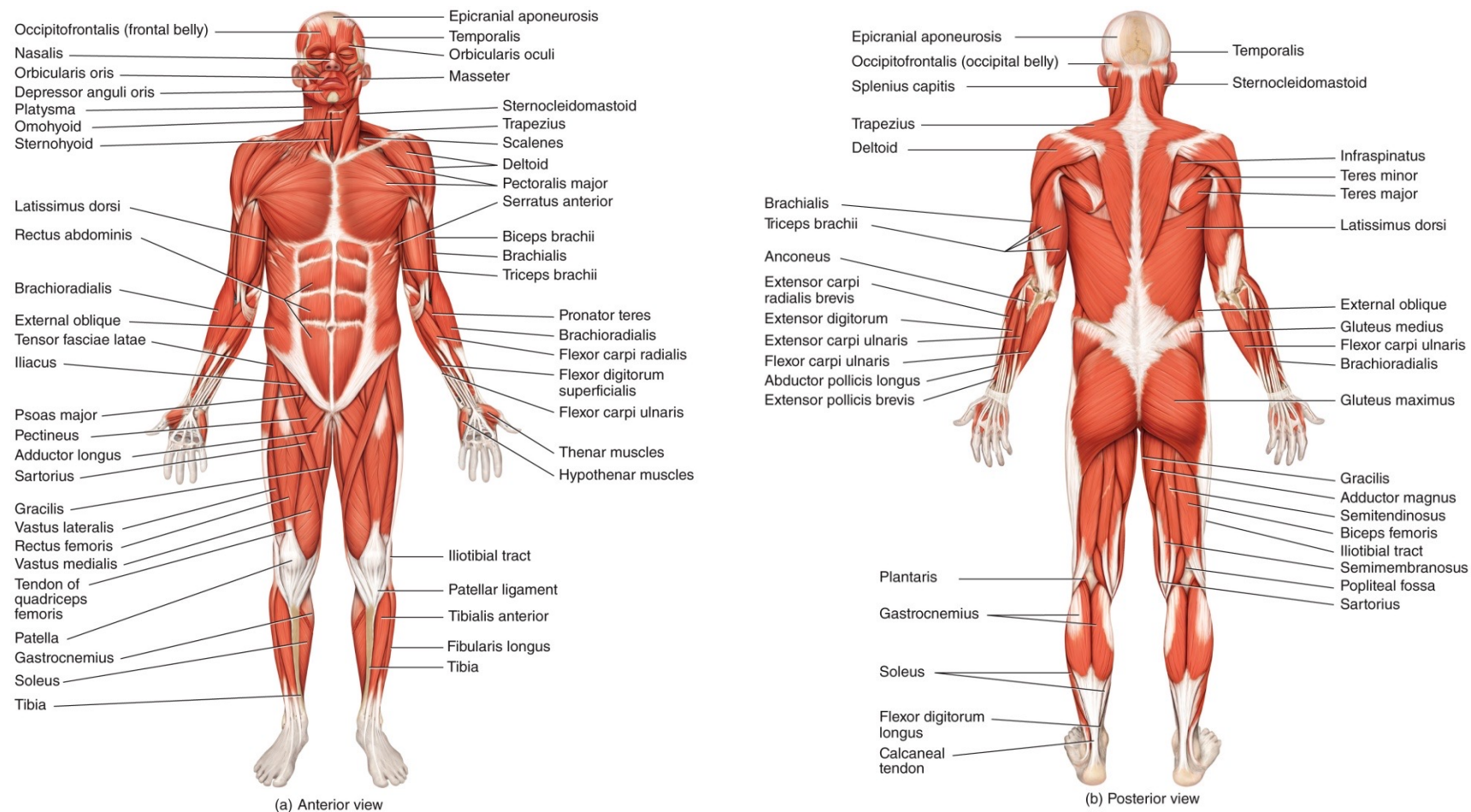
General Principles of Skeletal Muscle Anatomy

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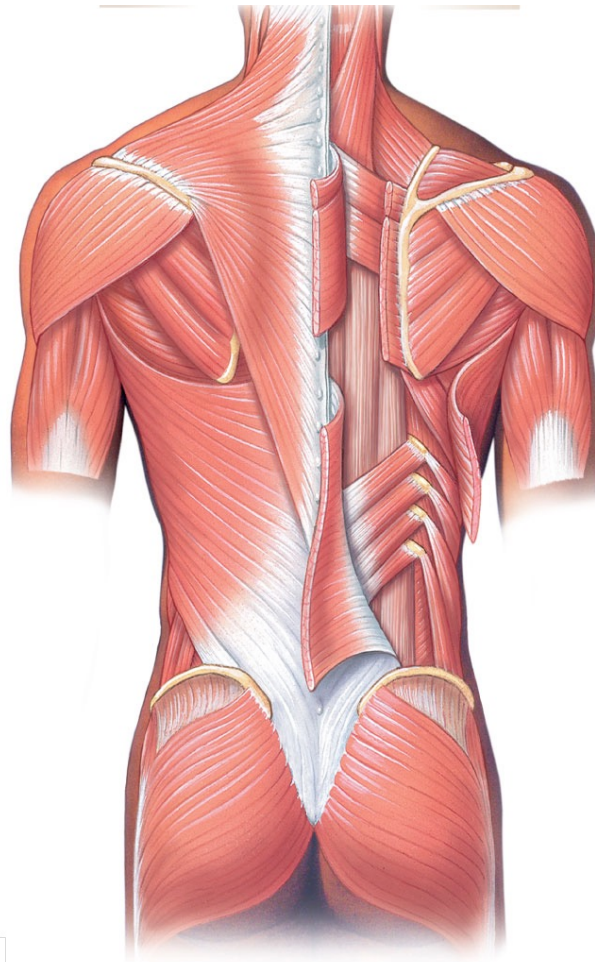
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[Link for video recording](#)

1. Principal Superficial Skeletal Muscles



A NOTE ON LAYERING



Muscle Identification

A. Actions

- Grouped according to their primary actions

B. Location

- Origin vs. insertion

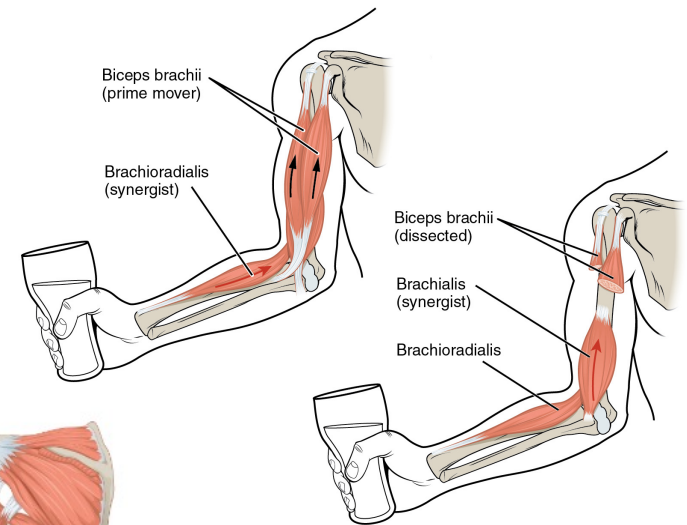
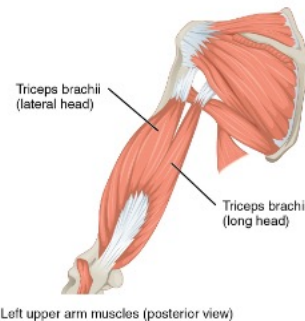
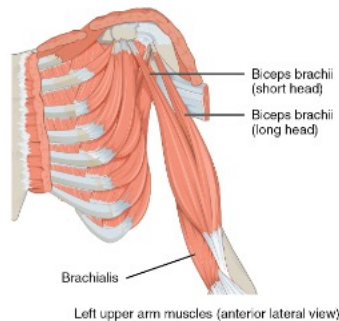
C. Shape

- Distribution of muscle fibers

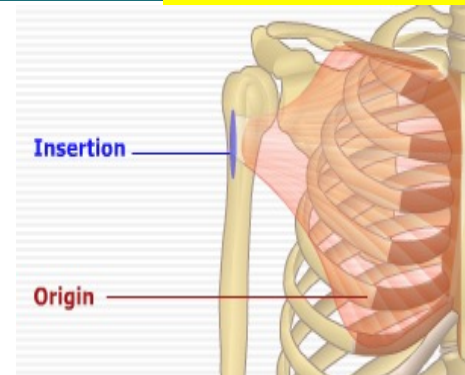
A. Muscle Action Groups

Muscles can be grouped according to their primary actions into four types:

1. Prime movers (agonists)
2. Antagonists
3. Synergists
4. Fixators



B. Skeletal Muscle Location



- **Origin**
 - Point of muscle attachment that remains stationary
- **Insertion**
 - Point of muscle attachment that is movable
- Muscle's action can often be inferred from its origin & insertion
- Muscles must cross a joint to be able to perform an action
- Contraction phase is active, resting phase is passive
 - Muscles can only pull, they can't push!

C. Skeletal Muscle Shapes

