Name: _____   **Date:** _____

Warm-Up: Muscle Movement, Types & Names A p 200 - 203)

Short Answer

1. The movement that is commonly seen in a ball-in-socket joint, that includes a combination of flexion, extension, abduction, and adduction, is called _____.

2. Muscles that perform opposite actions to one another are termed _____.

3. The arrangement of fascicles in orbicularis oris is _____.

Multiple Choice

_____ 4. The movement opposite to abduction is:
  Ⓐ flexion
  Ⓑ rotation
  Ⓒ circumduction
  Ⓓ addution
  Ⓔ supination

_____ 5. A muscle group that works with and assists the action of a prime mover is a(n):
  Ⓐ antagonist only
  Ⓑ fixator only
  Ⓒ synergist only
  Ⓓ antagonist and synergist
  Ⓔ antagonist and fixator

_____ 6. While doing "jumping jacks" during an exercise class, your arms and legs move laterally away from the midline of your body. This motion is called:
  Ⓐ extension
  Ⓑ flexion
  Ⓒ abduction
  Ⓓ adduction
  Ⓔ circumduction

_____ 7. Which of the following muscles are antagonists:
  Ⓐ biceps brachii and triceps brachii
  Ⓑ bicpes femoris and biceps brachii
  Ⓒ vastus medialis and vastus lateralis
  Ⓓ masseter and temporalis
  Ⓔ gastrocnemius and soleus

_____ 8. Which one of the following is NOT a criteria generally used in naming muscles:
      Ⓐ relative size of the muscle
      Ⓑ number of origins of the muscle
      Ⓒ shape of the muscle
      Ⓓ method of attachment of the muscle to bone
      Ⓔ action of the muscle

True/False: *Indicate whether the statement is true or false.*

_____ 9. Dorsiflexion and plantar flexion are synergistic actions.

_____ 10. Supination and pronation refer to up and down movements of the foot at the ankle.

Essay

11. Fascicle arrangements produce skeletal muscles with different structures and functional properties, and determine their individual range of motion and power.
* **List** the **seven (7) different fascicle arrangements** of human skeletal muscles and give a **specific example** of each: