
II. **Accurate, Reliable, Readable Resources for Your Project?**

III. **Connections: Anatomical Position + Descriptive Terms**

IV. **Body Builder’s Syndrome?**

V. **Superior-Inferior & Anterior-Posterior Balances**
   Up-Down & Front-Back, Squat-Push-Pull!

VI. **Create-A-Joint!** Anatomy lab bones + tape group work.

VII. **Anatomy of Squat-Push-Pull Exercises**
    A. Squat/Front squat
    B. Bench press
    C. Bent-over row, inverse or complement to bench press!

**Sources:** Modified from Diann N. Laing, VPL, Francis & Martin, McMinn & Hutchings, +...
Anatomy Lab General Rules

1. **Demonstrate respect** for all specimens (cadavers, skeletons, organ & tissue samples...).

2. The right of **privacy & confidentiality** due all medical patients is **extended to all anatomical donors**.

3. **Electronic devices** (cell phones, cameras, video equipment, Ipods,...) or recordings are **not permitted**.

4. **Food, drink, and gum** are **not permitted**.

5. **Wear gloves** provided, if you're approved to touch specific specimens. Please only **dispose of gloves in the marked red container**. **Questions? Please ask**.

6. **Long pants**, long-sleeve shirts & **closed shoes** (rather than sandals) **are best**.

7. Cadavers should be appropriately draped/covered at all times. **All regions not being studied should be covered to help with preservation**.
Wellness Facts

- Smoking worsens the prognosis in men with prostate cancer. In a Harvard study of 5,366 male health professionals with the disease, smokers were much more likely than nonsmokers to have a recurrence and to die from this cancer, cardiovascular disease or any cause. Men who had not smoked had a mortality rate 77% lower than smoking men.

The sight-saving diet?

No one knows how to prevent the eye disorders that often come with aging, though not smoking may slow the progression of AMD if you do develop it (see page 2).

Eye on research

Age-proofing your brain

A growing number of older people are living longer and need our help to keep their minds sharp. The implications of the latest brain research, which is discovering that the brain may make up for deficiencies in the body, are significant. Researchers believe that while we may lose some cognitive function with age, we can also boost it with exercise and mental stimulation. The key is to keep the brain active and engaged. Here are some tips to help keep your brain healthy and functioning:

- **Exercise your brain**
  - Engage in activities that challenge your brain, such as puzzles, games, and reading.
  - Try new things and learn new skills.

- **Eat a healthy diet**
  - A balanced diet rich in fruits, vegetables, whole grains, and healthy fats can help keep your brain healthy.
  - Avoid excess alcohol and processed foods.

- **Stay socially active**
  - Socializing with friends and family can help you stay engaged and mentally active.

- **Get enough sleep**
  - A good night's sleep is essential for brain health.

- **Manage stress**
  - Practice stress management techniques such as meditation, deep breathing, or yoga.

- **Use technology smartly**
  - Use technology to connect with friends, stay informed, and learn new things.

- **Visit your doctor regularly**
  - Early detection and treatment of conditions such as diabetes, high blood pressure, and depression can help protect your brain.

Other research has found that while younger brains tend to be more agile, older brains in certain respects, such as the most important aspects of mental functioning, are more plastic and can adapt to new learning. However, the brain is not a static organ, capable of compensating for all the effects of aging. "Your brain is not the same as your body, and it doesn't age in the same way," says Carol A. Bonnar, Ph.D., a professor of neuroscience at the University of Pennsylvania School of Medicine. "It's not like you're at a standstill (Continued on page 4)"
GET YOUR PLATE IN SHAPE

National Nutrition Month® 2012
Academy of Nutrition and Dietetics
www.eatright.org

http://www.eatright.org
Fabulous US Government Websites Thanks to Michelle Obama & Regina Benjamin!

SuperTracker
Get on Track!

https://www.supertracker.usda.gov/default.aspx

http://www.choosemyplate.gov/

Choose MyPlate.gov
Anatomical Position: Reference for Anatomy

Anterior View

Posterior View
Superficial vs. Deep?
Circumduction

Rotation (about long axis)

Abduction Adduction

Flexion Extension

Supination Pronation
Body Builder’s Syndrome!
Balance e.g.: Push-Pull-Squat

Q: Which are most likely accurate & reliable internet sources & best resources for your project?

A. Most trustworthy? .edu, .org, or .gov extensions or peer-reviewed websites.

Photo Sources: http://news.xinhuanet.com/, http://caveman2point0.blogspot.com/, http://pcconditioning.blogspot.com
Weight **Training** is **Non-competitive**  
**Goal:** Improve Life Time Fitness!
Weight Lifting is Competitive
Goal: Improve Strength for 1-RM!

Olympic Lifting

Power Lifting
Body Building is Competitive
Bridges Gap? Wt Lifting vs Wt Training
Goal: M. Hypertrophy, Balance, Delineation!
Create-a-Joint: Anatomy Lab Bones + Tape!

Muscle

Tendon

Ligament

Cartilage
Front Squat

- Hip
- Thigh front back inside
- Lower back
- Gluteal group
- Quadriceps
- Hamstrings
- Adductors
- Erector spinae
Great Extensors of Lower Extremities
R lower back & hip quadrant
L thigh anterior & medial

- Rectus femoris
- Adductor
- Gracilis
- Vastus medialis
- Patella/kneecap
L thigh posterior

- Quadratus femoris
- Gluteus maximus
- Sciatic nerve
- Adductor magnus
- Tensor fasciae latae
- Gracilis
- Vastus lateralis
- Semimembranosus
- Biceps—long head
- Biceps—short head
- Semitendinosus
- Tibial nerve
- Gastrocnemius
Bench Press
Chest
Shoulder front
Arm back

Pectoral group
Anterior deltoid
Triceps brachii
Q. Wide grip vs. elbows near side?
R chest anterior
R chest anterior
NB: Engages muscles exactly inverse to bench press. Upper back, back of shoulder, front of arm, back of forearm. Great for supersetting!
Cards
+
Discussion?