BI 199 ANATOMY LAB MYSTERY TREASURE HUNT I

Thanks sincerely for printing the names of the members of your group below:

1. 2. 3. 4. 5.

Your goal is to complete all of the discovery/treasure hunt questions by working collaboratively with your group members. If all members agree, one can be the recorder, another can be the reference person, and others can be cadaver explorers. Please do consult available references, but only briefly. Be extremely careful in searching for cadaver structures and cover/drape body sections you are not examining.

1. Note the cadaver name/# at your station. Identify *posterior thigh muscles/hamstrings* worked by the squat and front squat and in more isolation by the *leg curl exercise*. Name and identify *four subdivisions of the posterior thigh* in the space below (or if you run out of room on the back of this page). *What* is a *tendon*? *What* do *tendons* do? A section of the *tendon* of which of these four hamstrings subdivisions might be used in the reconstruction of the *anterior cruciate ligament/ACL*? Why might it be selected?

2. Note the cadaver name/# at your station. Identify *anterior thigh muscles* worked by the *leg extension exercise*. Name these *four anterior thigh muscles* specifically in the space below. Which of these four (sub-) muscles is worked specifically by the last 10-15^0 of the leg extension?

3. Note the cadaver name/# at your station. Find and identify muscles that are worked specifically by the *chest fly*. Why is this exercise described like “hugging an oak tree”? Which *joint/joints* should be stabilized *during the chest fly*? What muscle groups are activated by the *bench press,* but not by the *chest fly*?

4. Note the cadaver name/# at your station. Find and identify *three major muscle groups* worked by the *military press*. Classify this exercise as *squat* or *push* or *pull*. Which muscle groups activated by the *military press* are not exercised extensively by the *bench press*? Which muscle groups worked by the *bench press* are not exercised extensively by the *military press*?

5. Be sure to note your cadaver name/#. Identify and list below at least *three major muscle groups* worked by the *lat pull*. Classify this exercise as *squat* or *push* or *pull*. Can you find *subsections or unique parts* of any of these major muscle groups? If so, *identify them* below? Can the *subsections* you’ve chosen be *isolated* based on the specific *exercise* or *grip performed*?