

Please ask questions, so we can really open up our discussion!



BI 199 APWT Discussion 2

- I. Announcements Attendance. Q last time?
Next Thursday 1st Anatomy Lab Trip! Where? How?
Review of General Anatomy Lab Guidelines.
- 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,+...

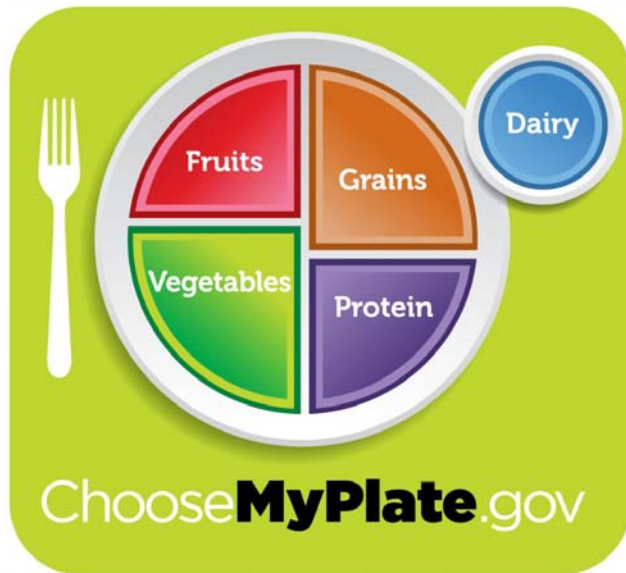
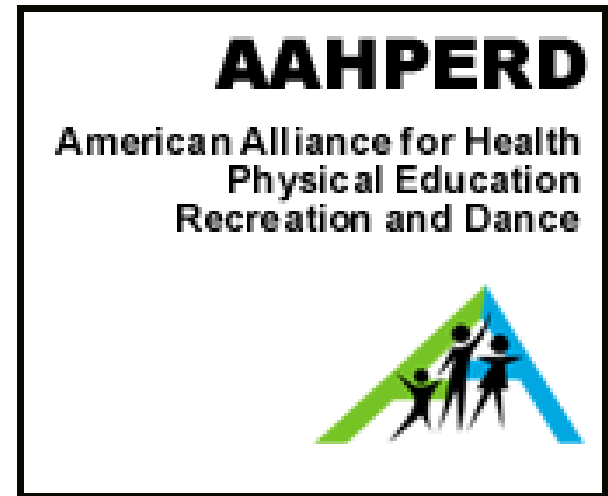
<http://map.uoregon.edu/>

63 SRC to B63B KLA



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**.



AMERICAN COLLEGE
of **SPORTS MEDICINE**
www.acsm.org



**GET YOUR
PLATE IN SHAPE**



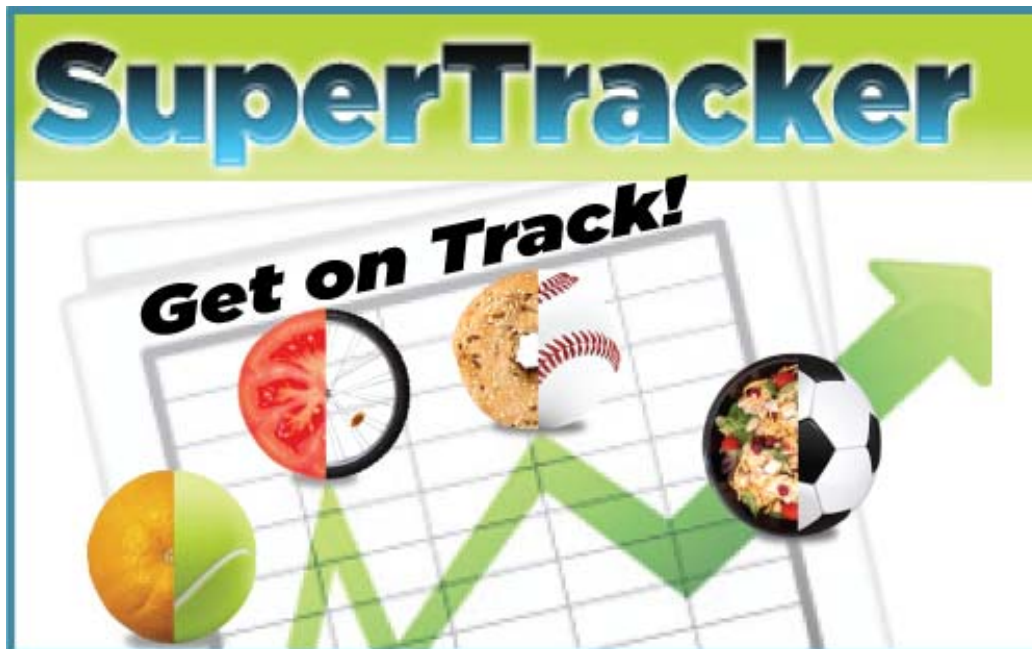
**eatTM
right.**

National Nutrition Month® 2012

Academy of Nutrition and Dietetics
www.eatright.org

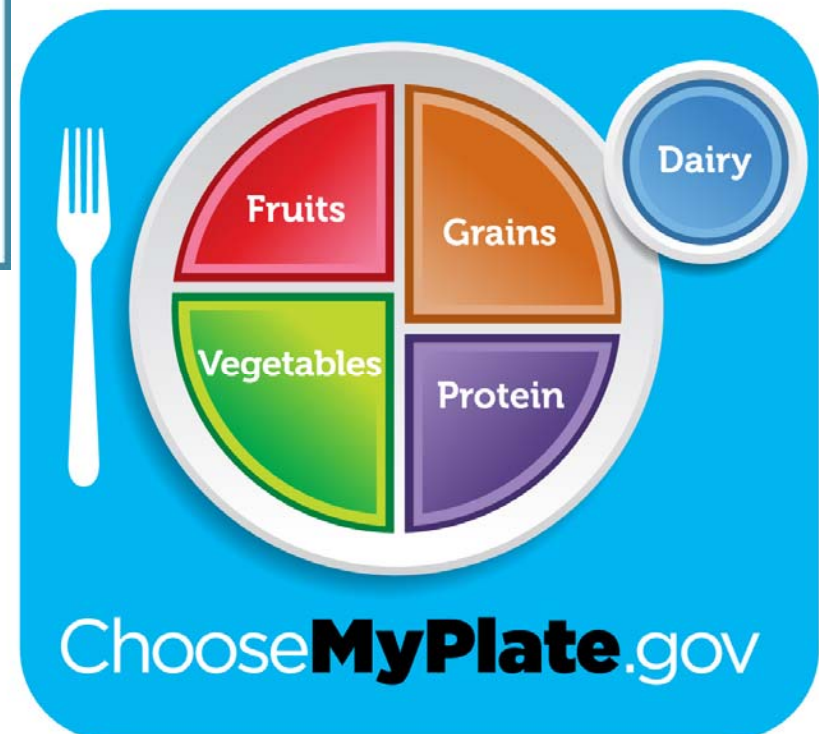
<http://www.eatright.org>

Fabulous US Government Websites Thanks to Michelle Obama & Regina Benjamin!



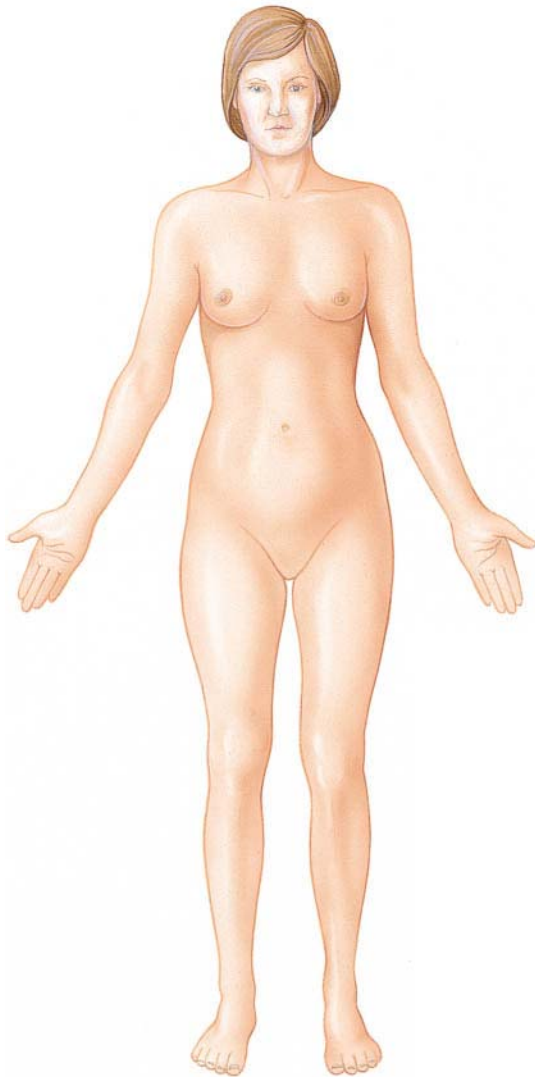
<https://www.supertracker.usda.gov/default.aspx>

<http://www.choosemyplate.gov/>



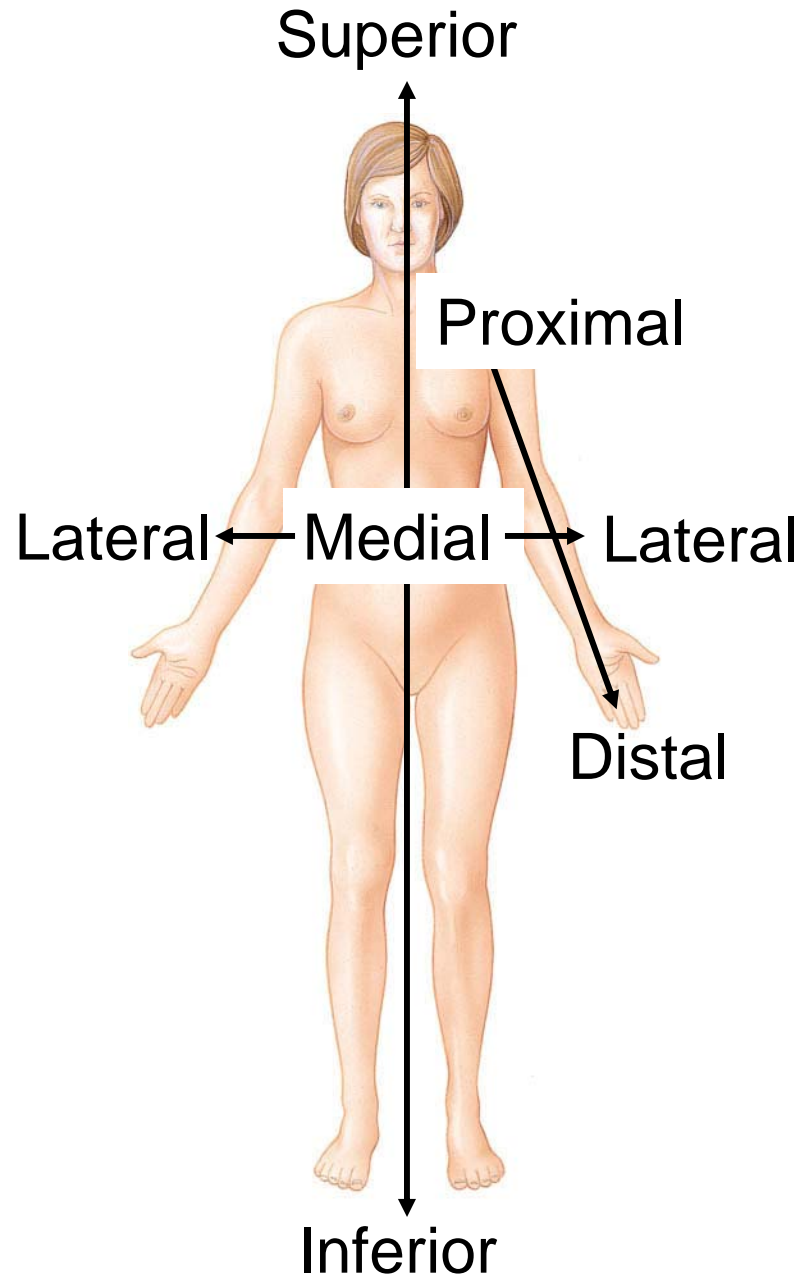
Anatomical Position: Reference for Anatomy

Anterior View

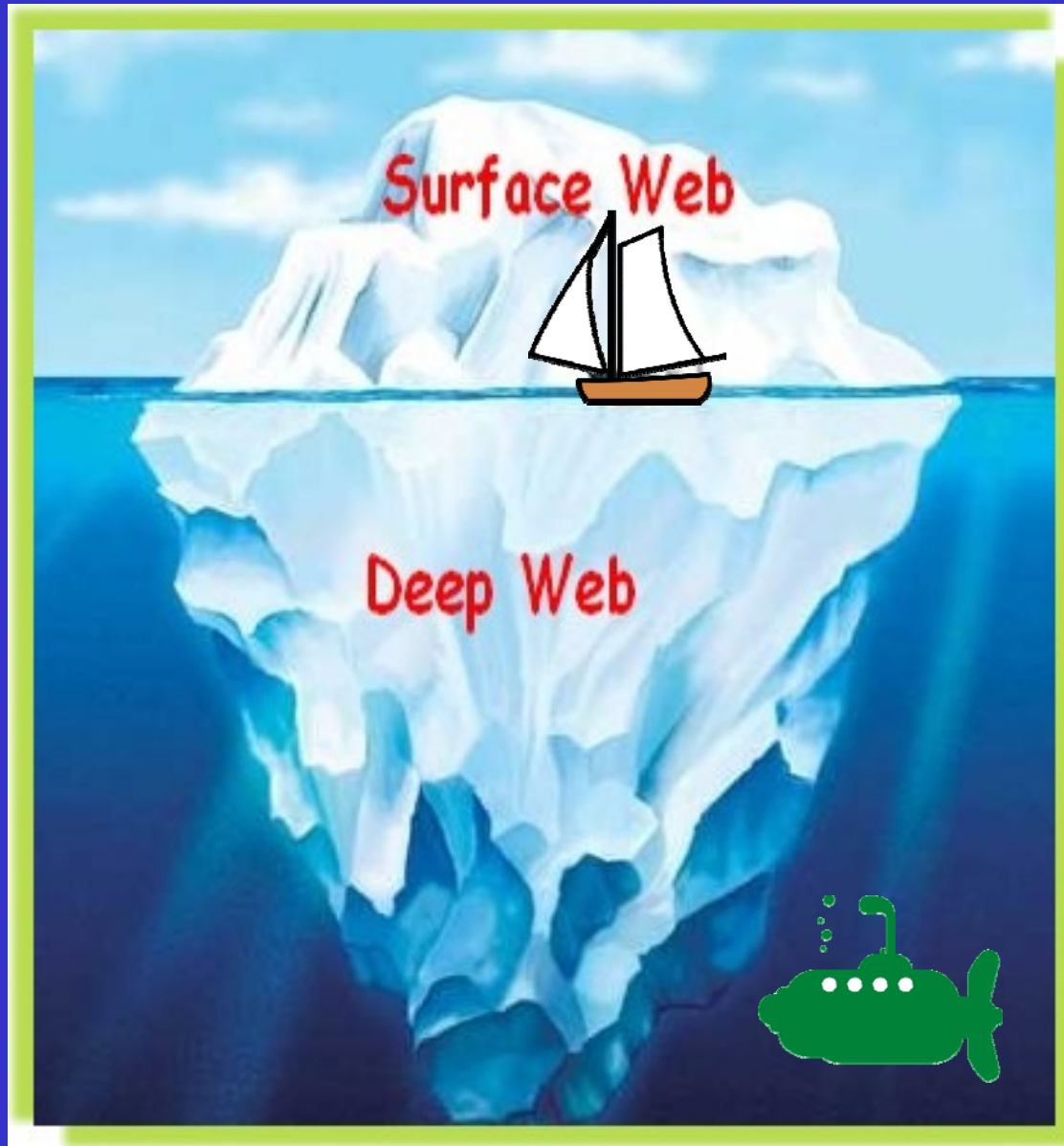


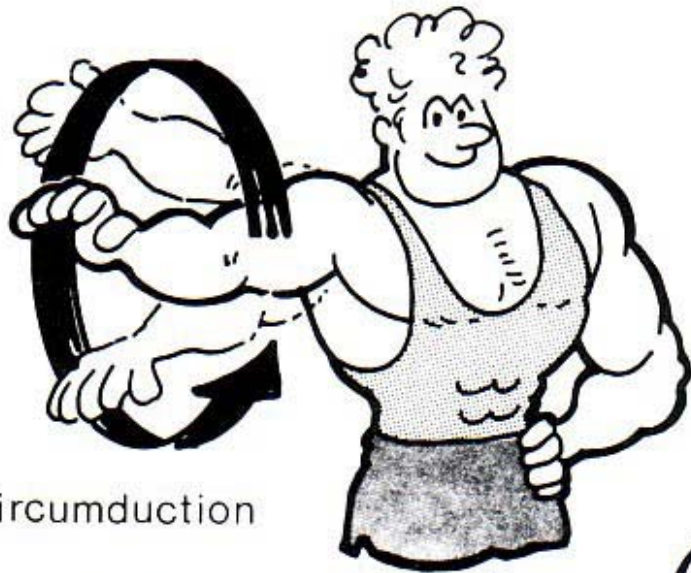
Posterior View



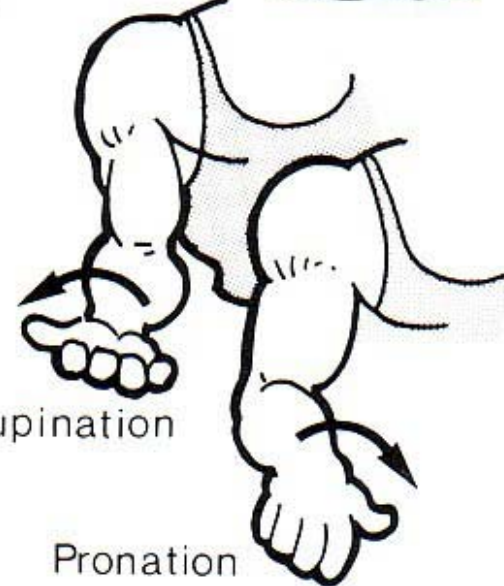
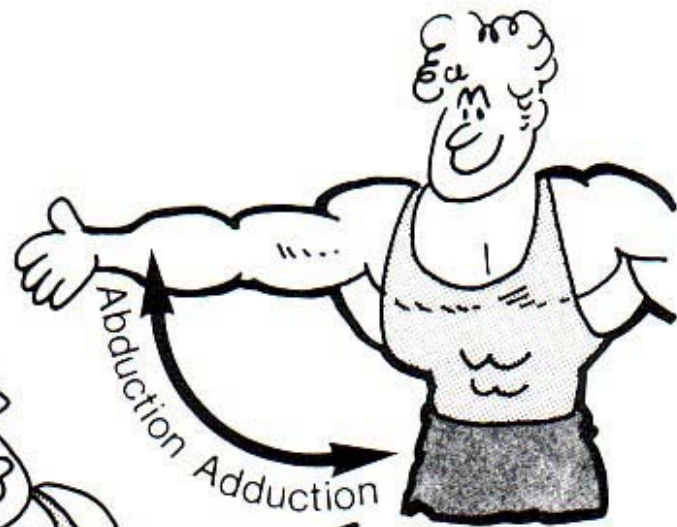


Superficial vs. Deep?





Circumduction

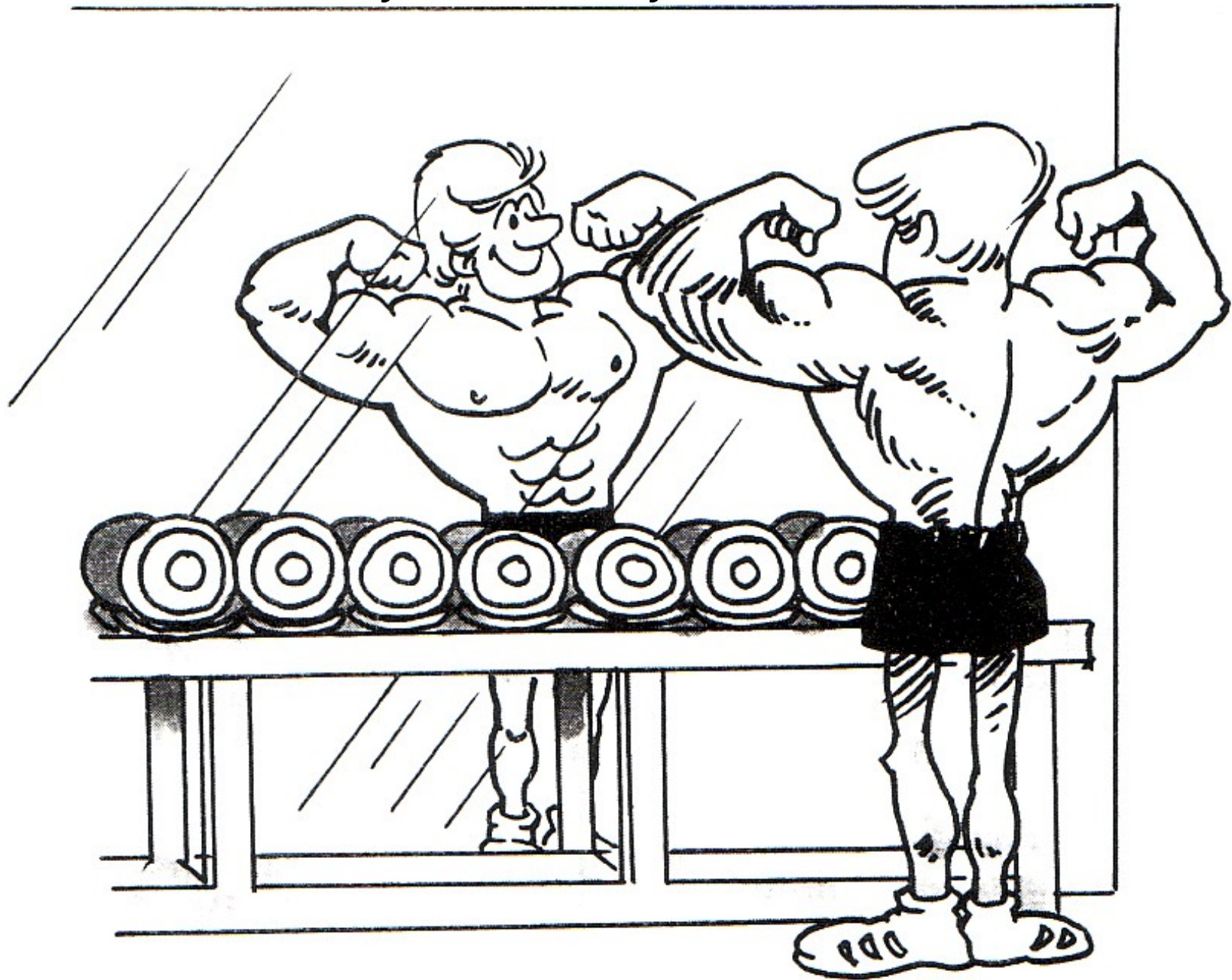


Rotation
(about long axis)

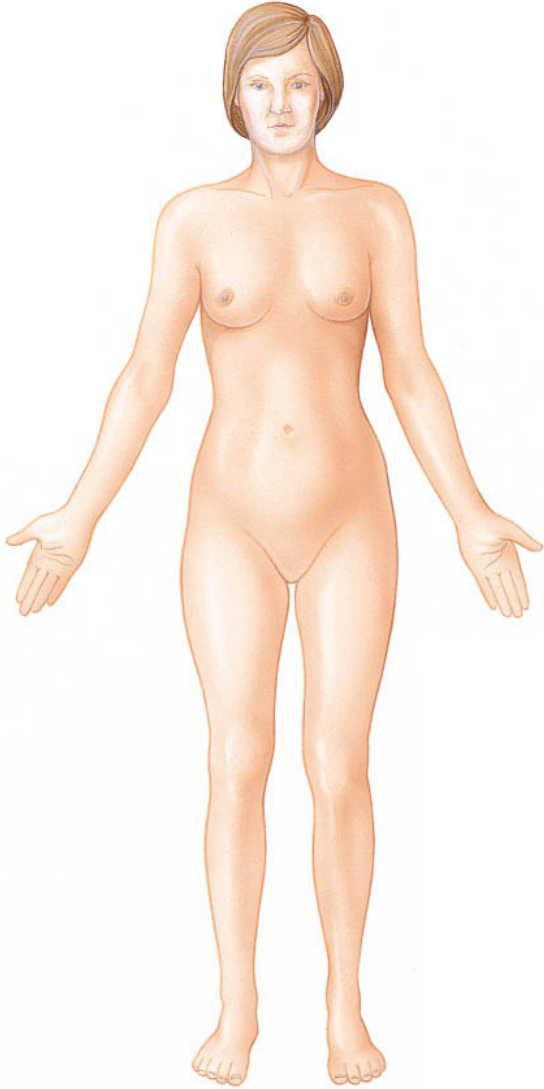
Supination

Pronation

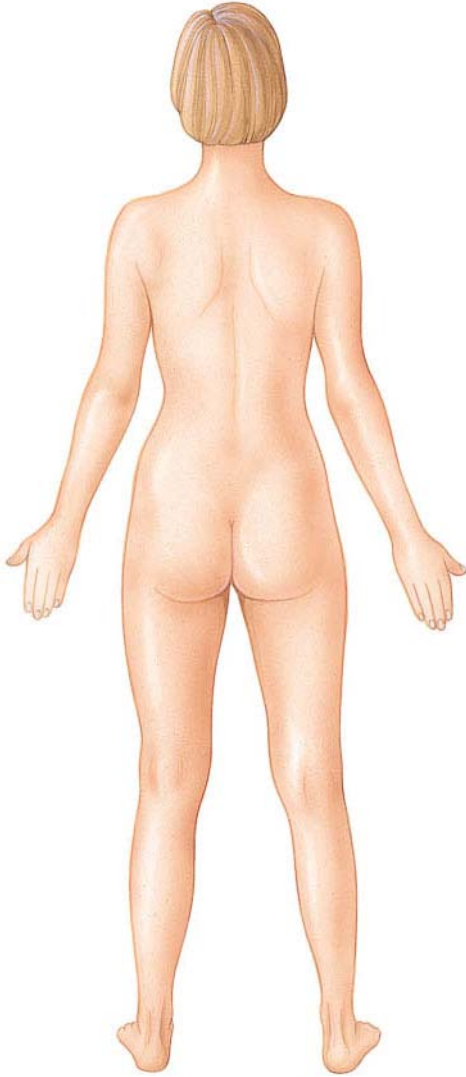
Body Builder's Syndrome!



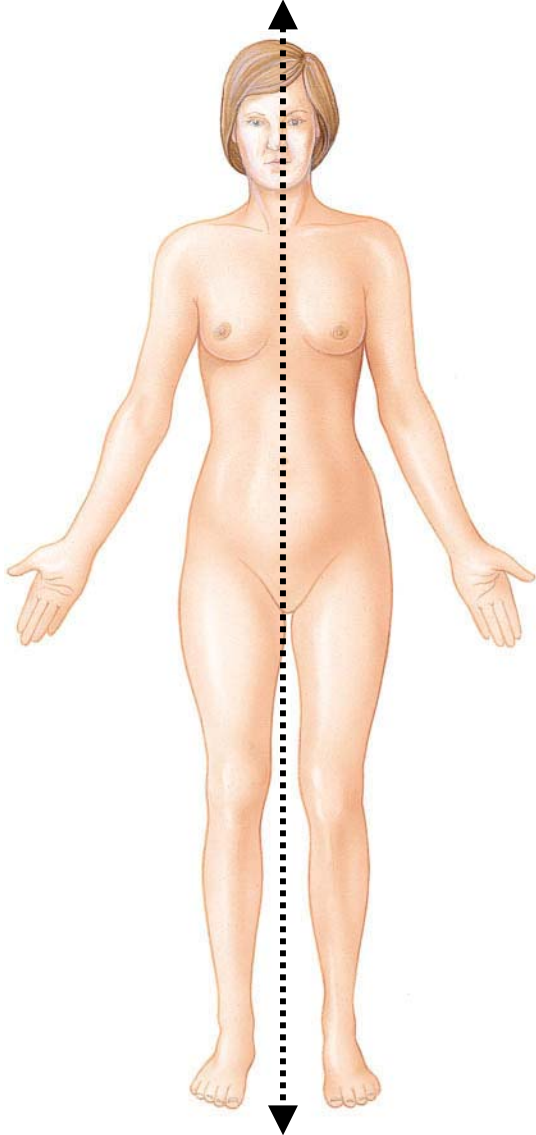
Anterior



Posterior



Superior

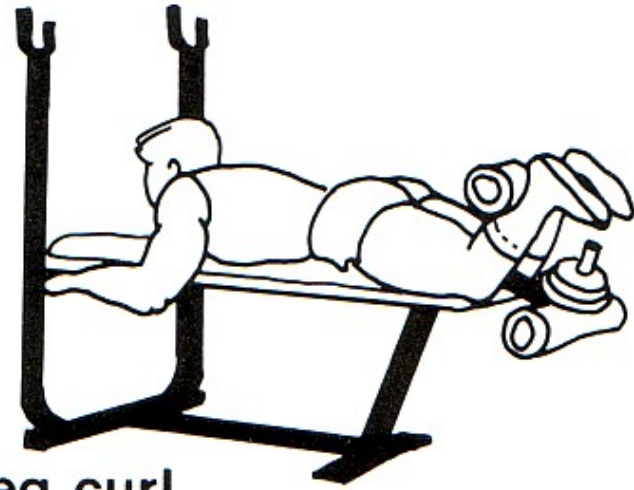


Inferior

Anterior - Posterior Balance

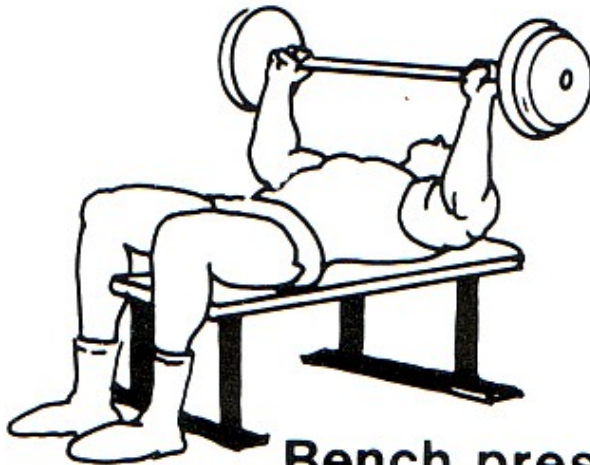


Leg extension



Leg curl

Superior - Inferior Balance

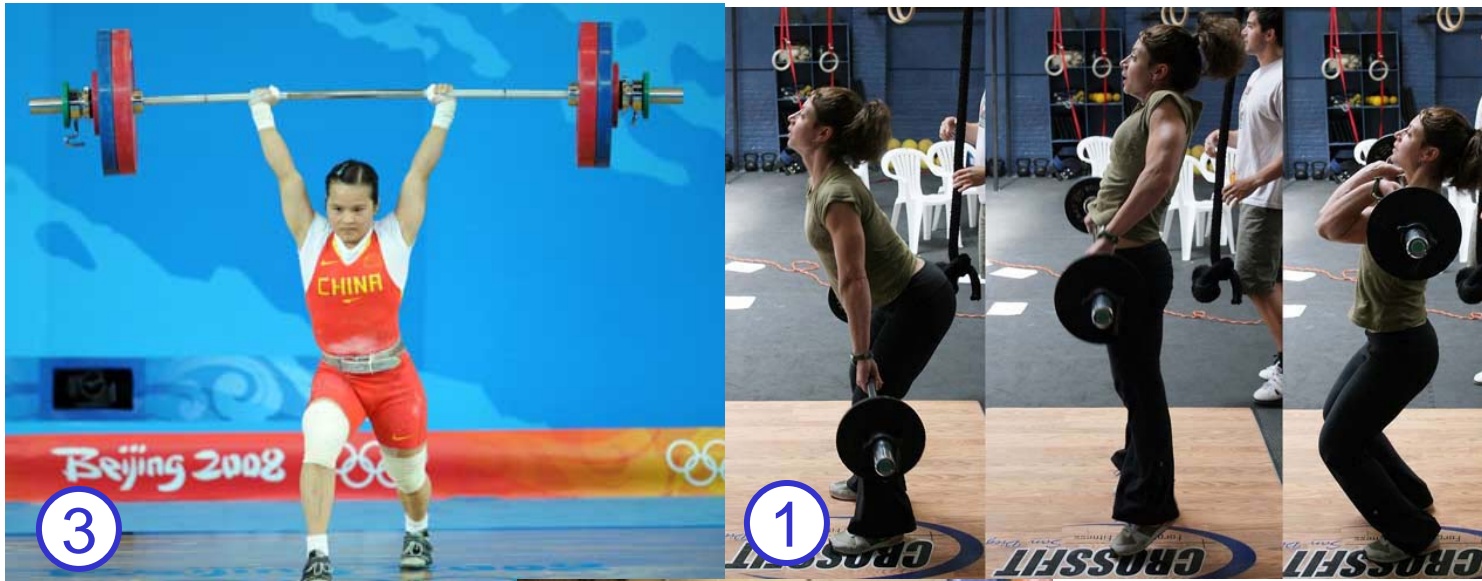


Bench press



Squat

Balance e.g.: Push-Pull-Squat



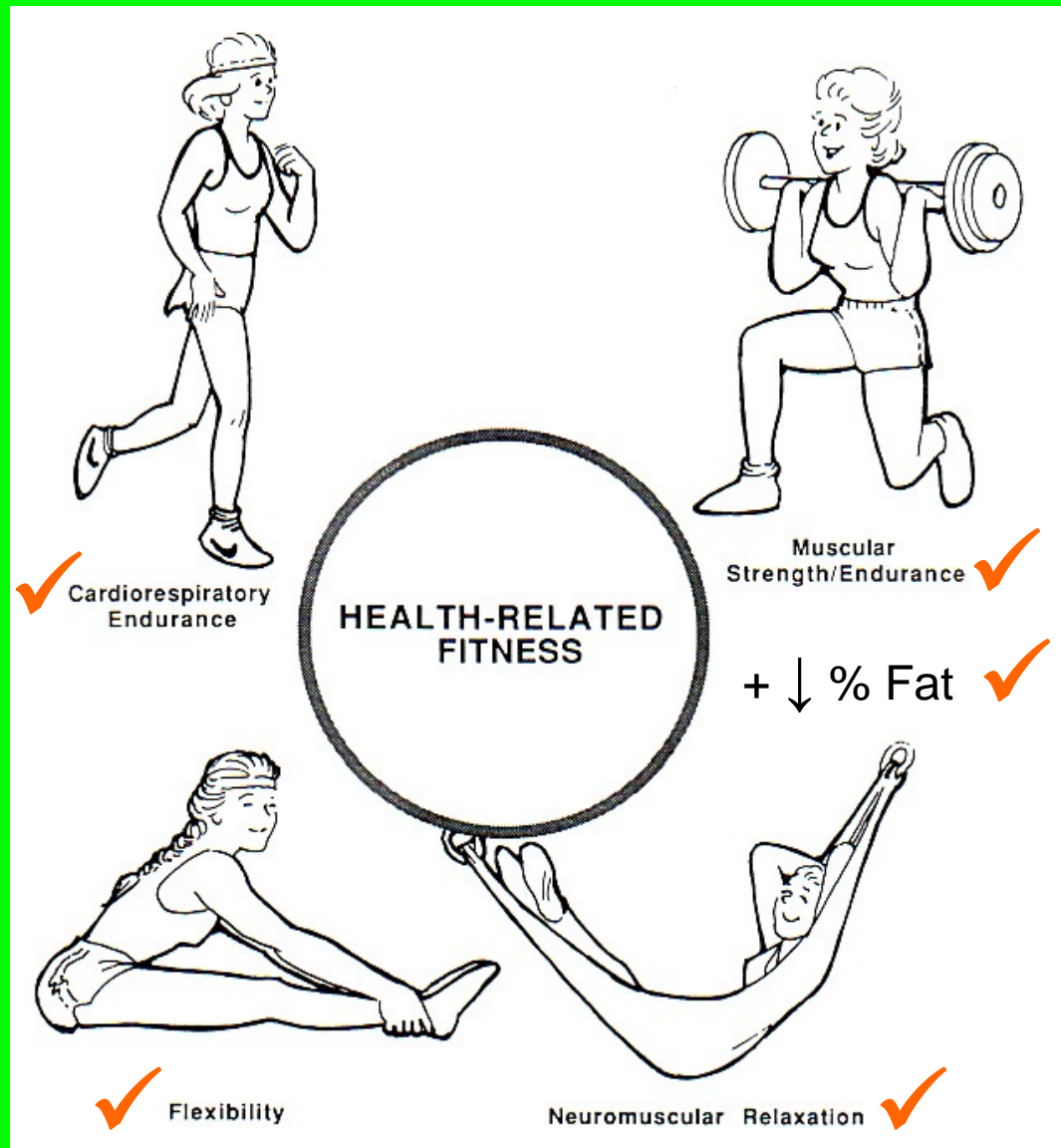
Q? Which are most likely accurate & reliable internet sources & best resources for your project?



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



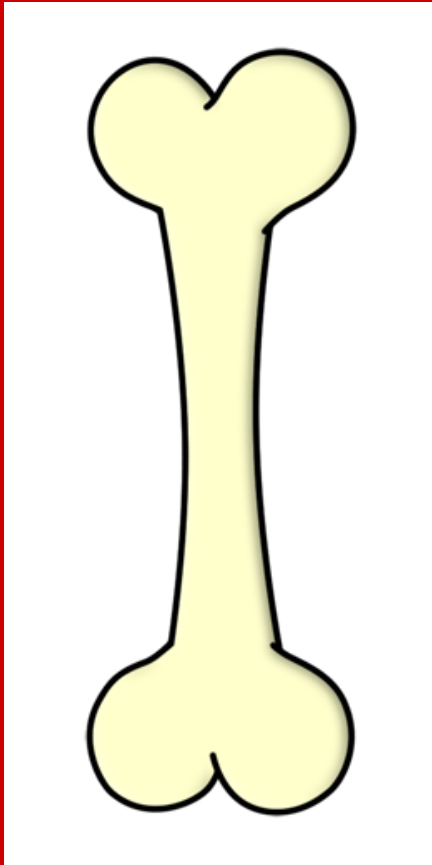
Power Lifting



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*



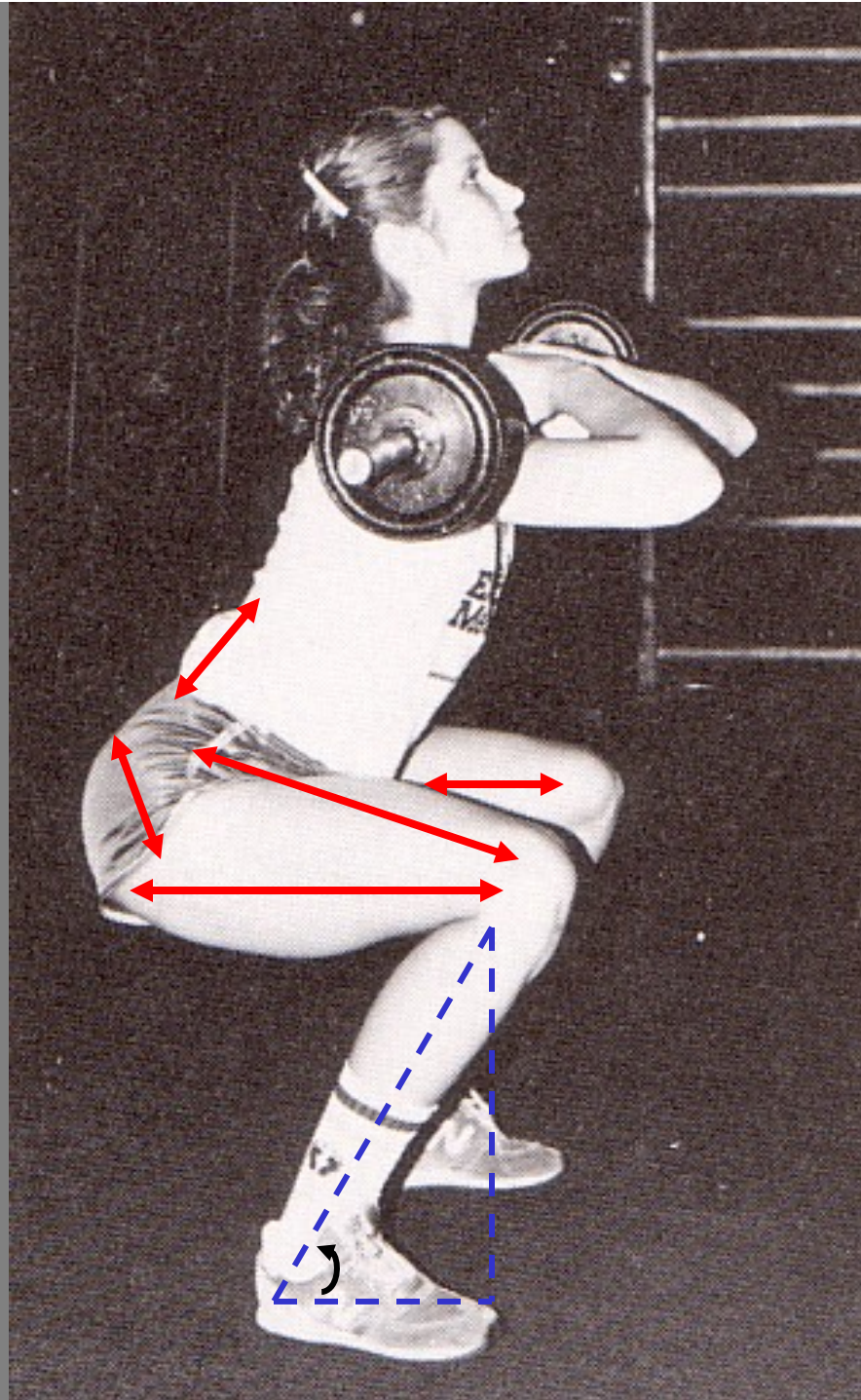
≡ *Ligament*



≡ *Cartilage*

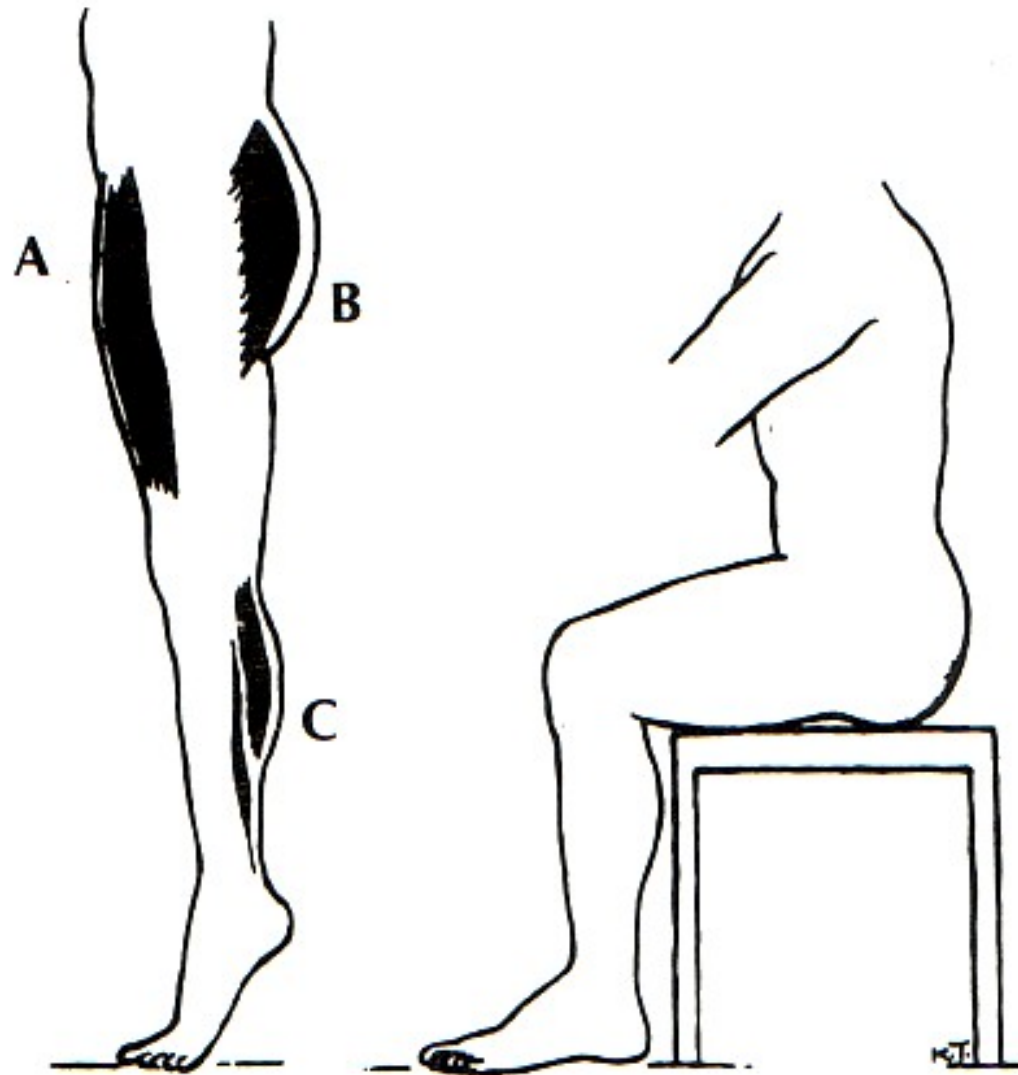
Front Squat

Hip
Thigh front
back
inside
Lower back

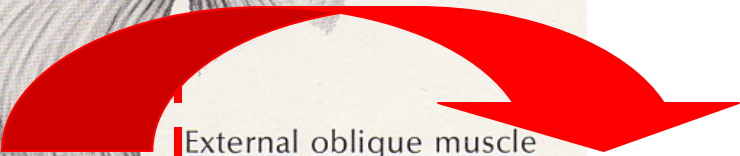
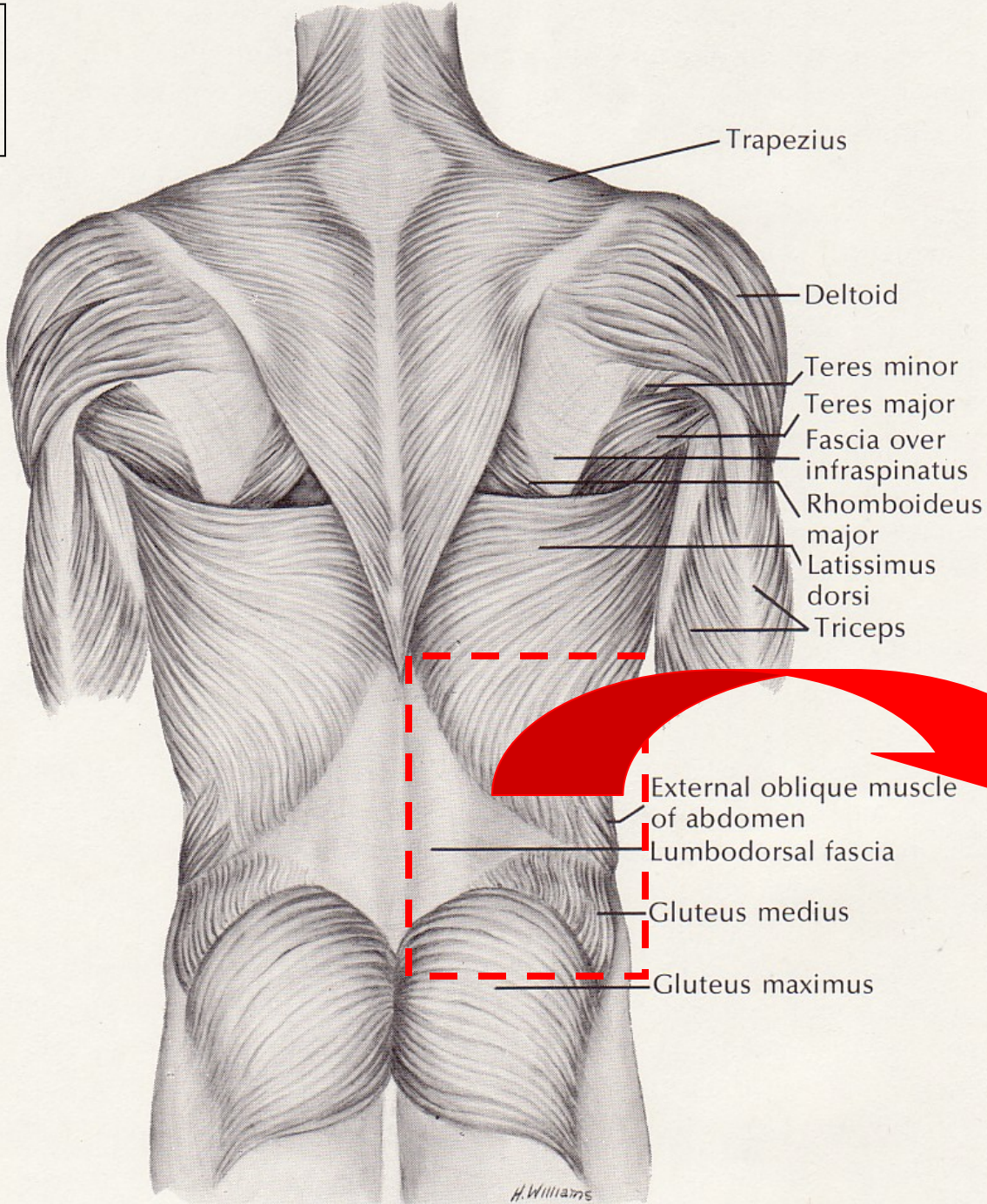


Gluteal group
Quadriceps
Hamstrings
Adductors
Erector spinae

Great Extensors of Lower Extremities



R lower back
& hip quadrant



R lower back
& hip quadrant



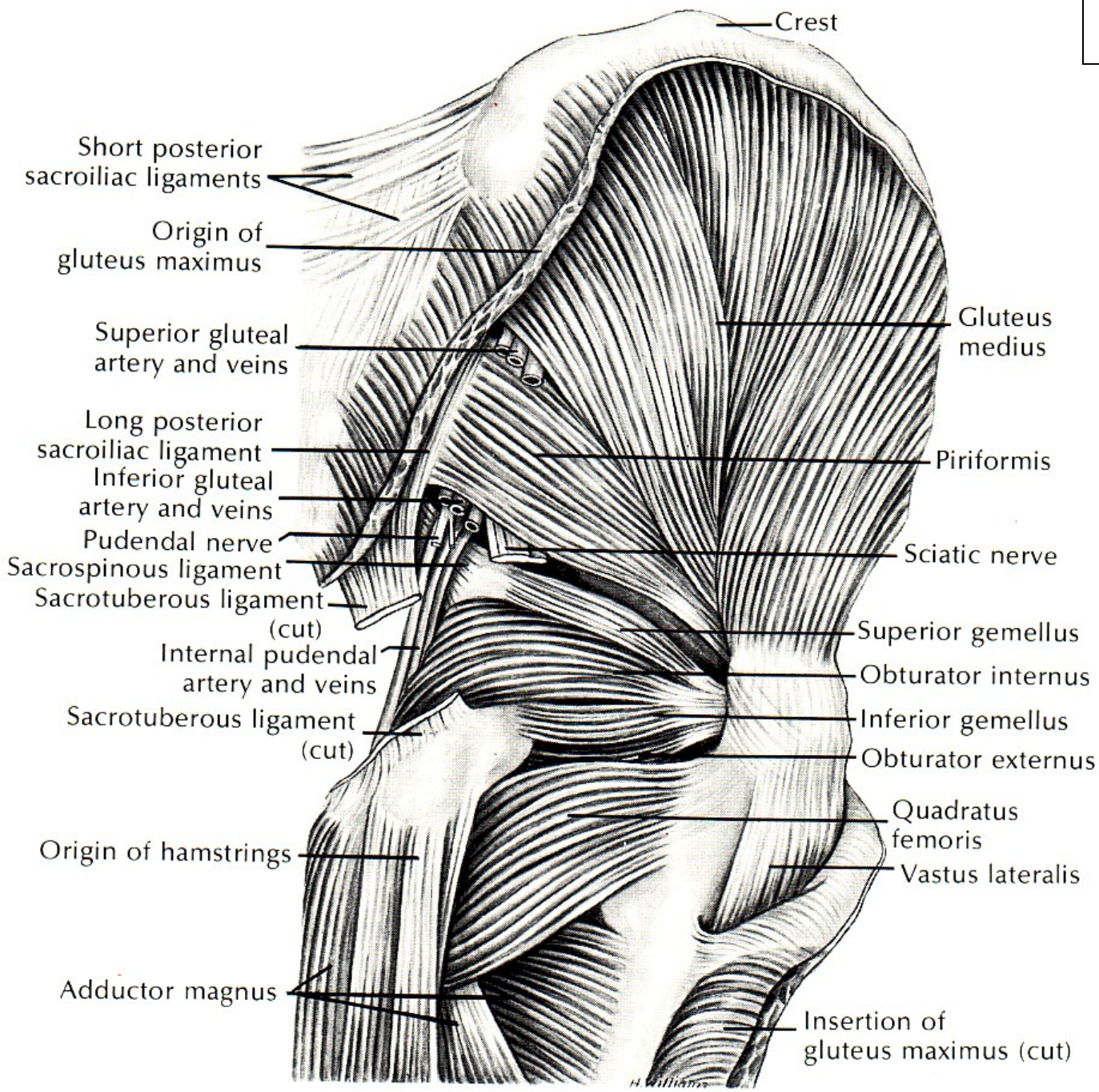
Latissimus dorsi

Erector spinae
beneath fascia

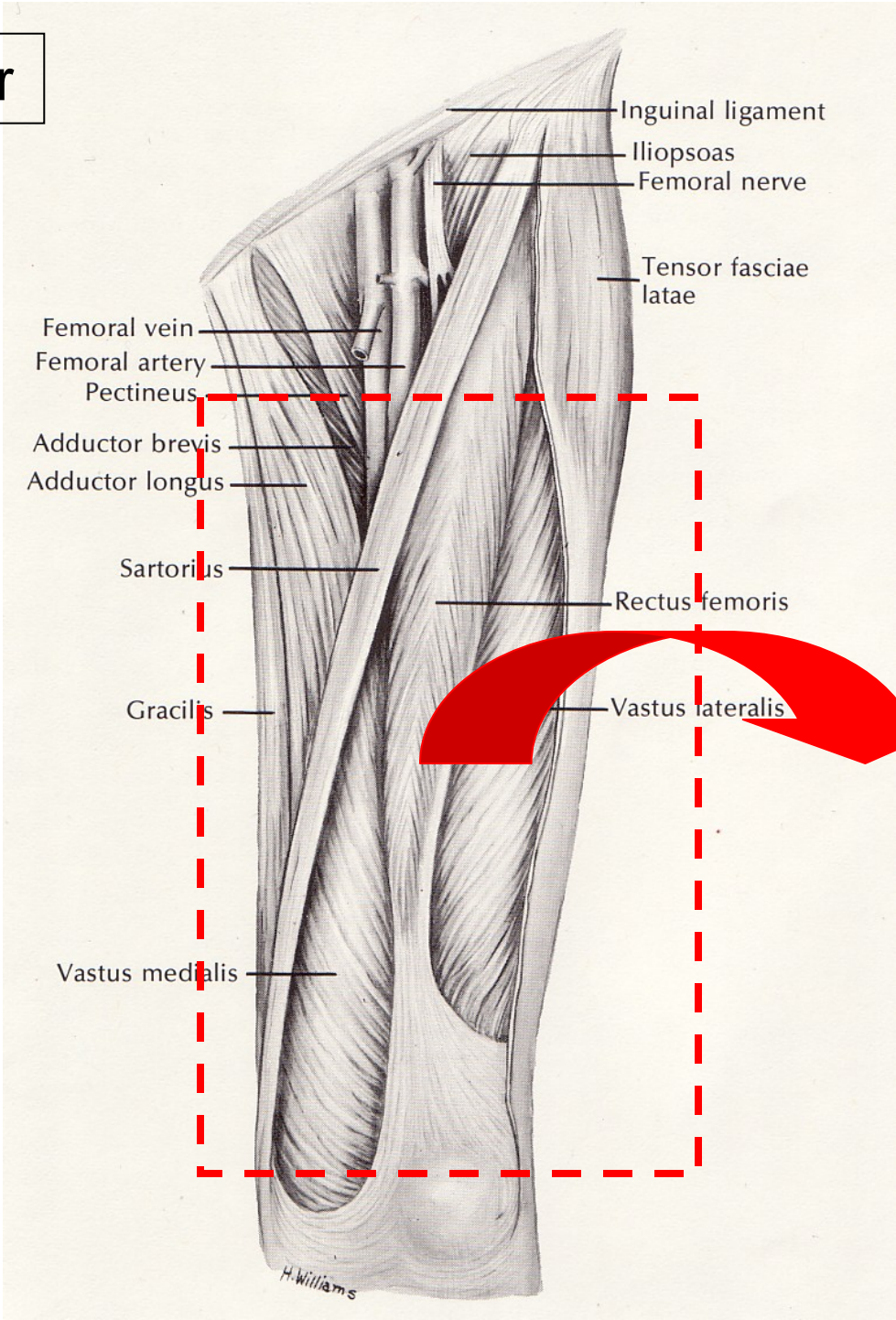
External oblique

Gluteus maximus

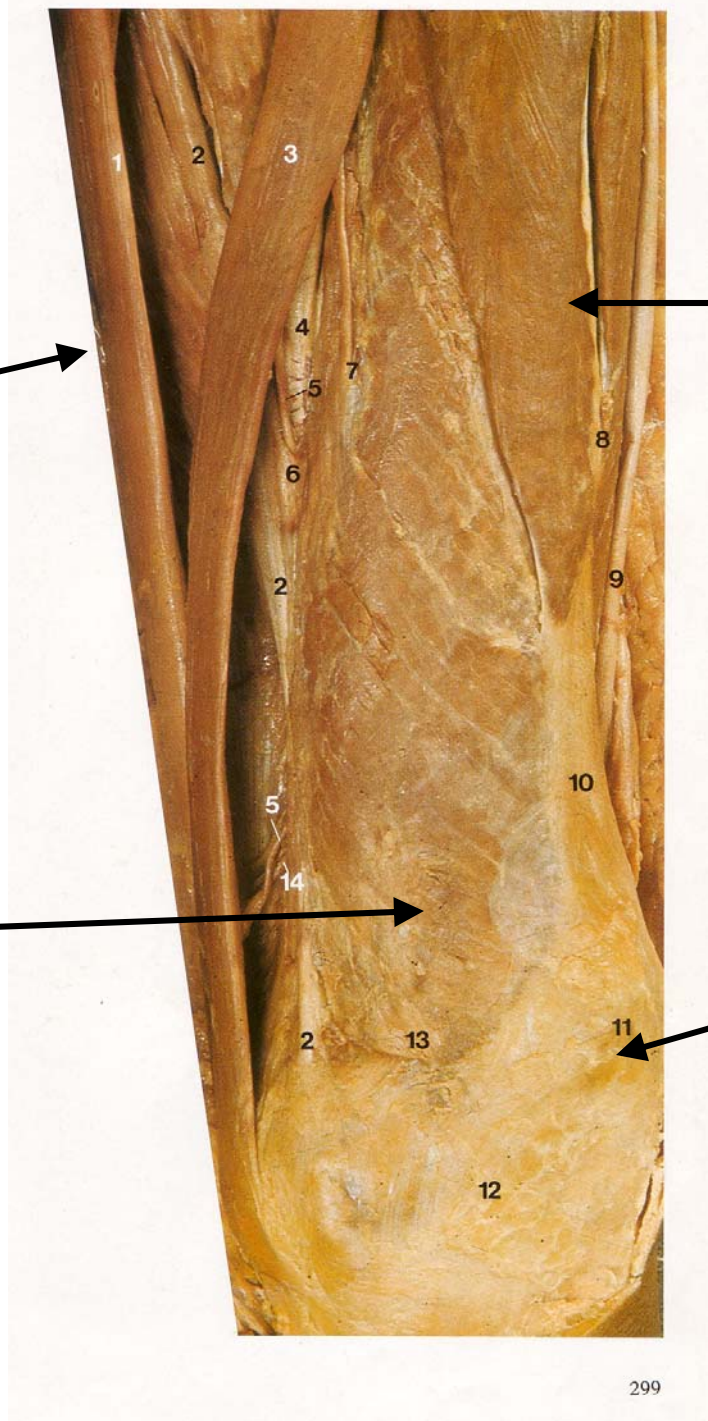
R hip



L thigh anterior



L thigh anterior & medial



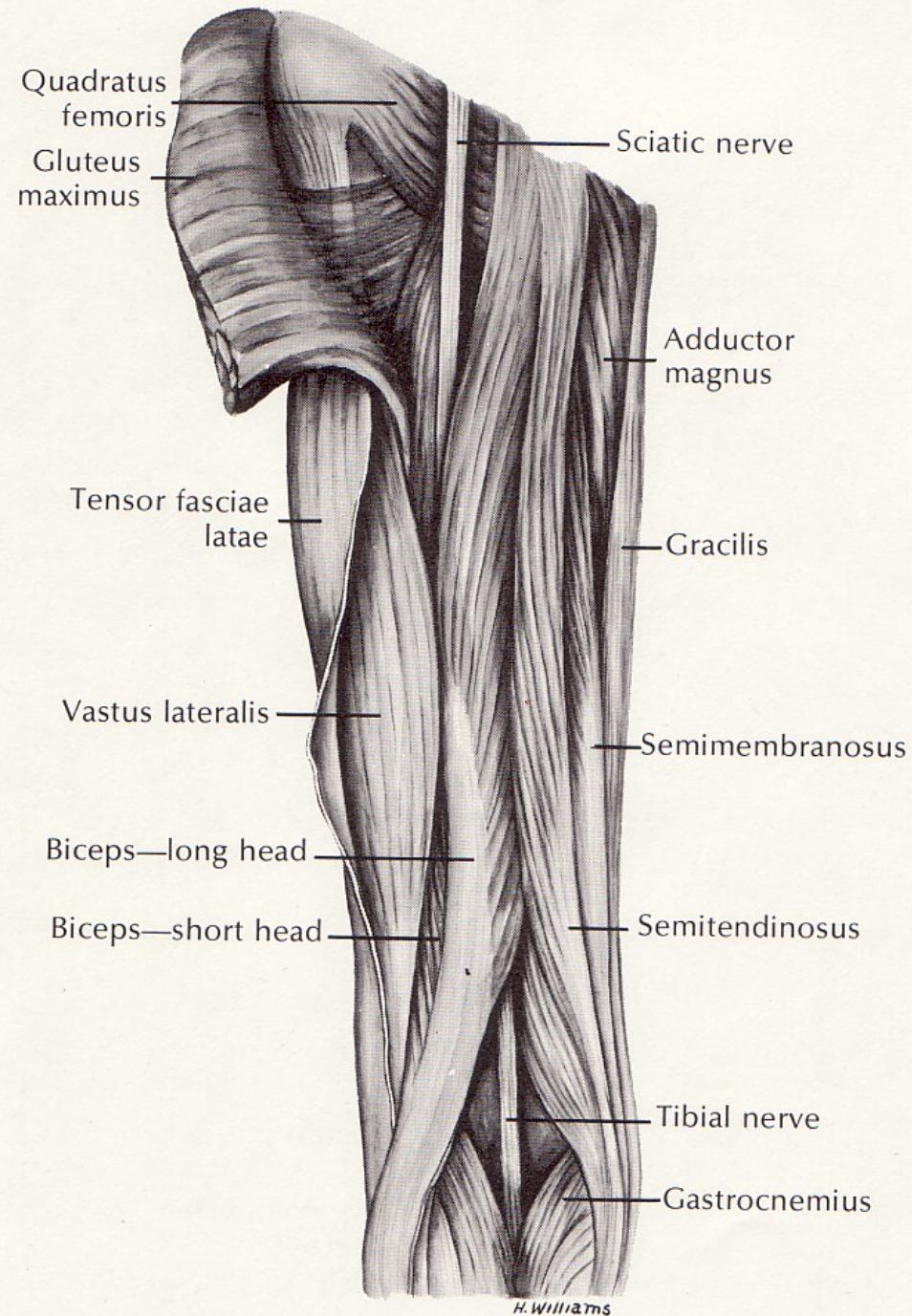
Rectus femoris

Adductor Gracilis

Vastus medialis

Patella/kneecap

L thigh posterior



L thigh posterior

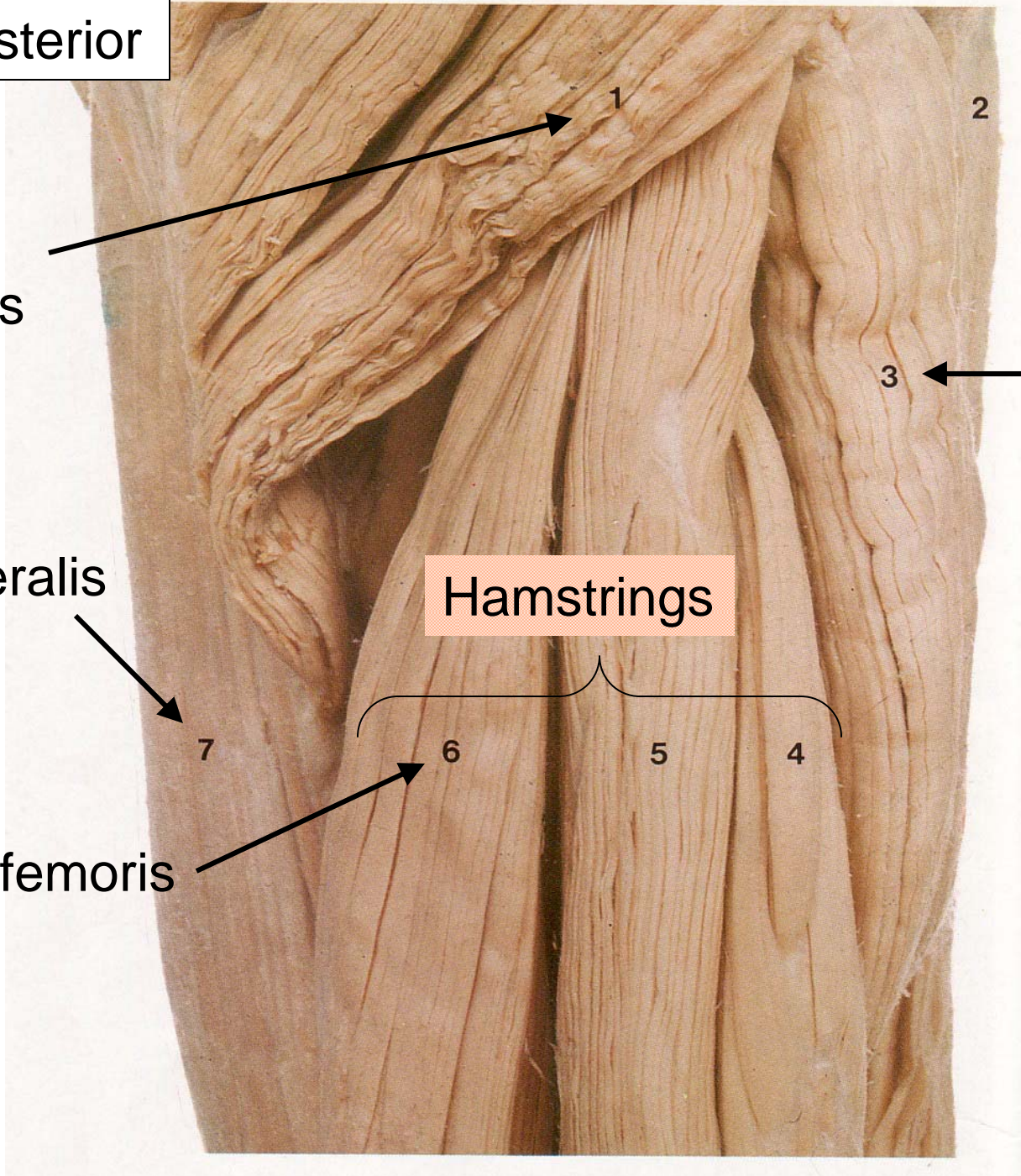
Gluteus maximus

Vastus lateralis

Biceps femoris

Hamstrings

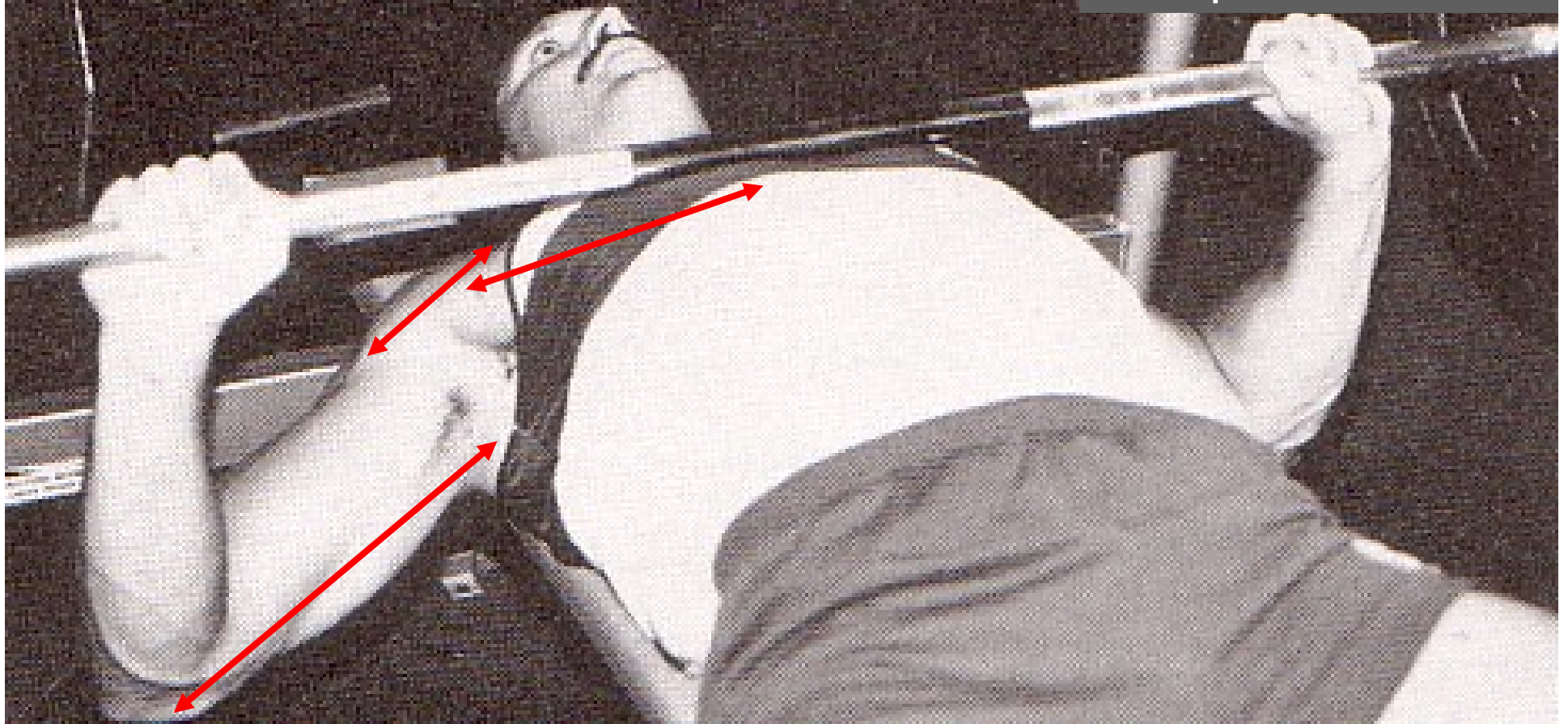
Adductor magnus



Bench Press

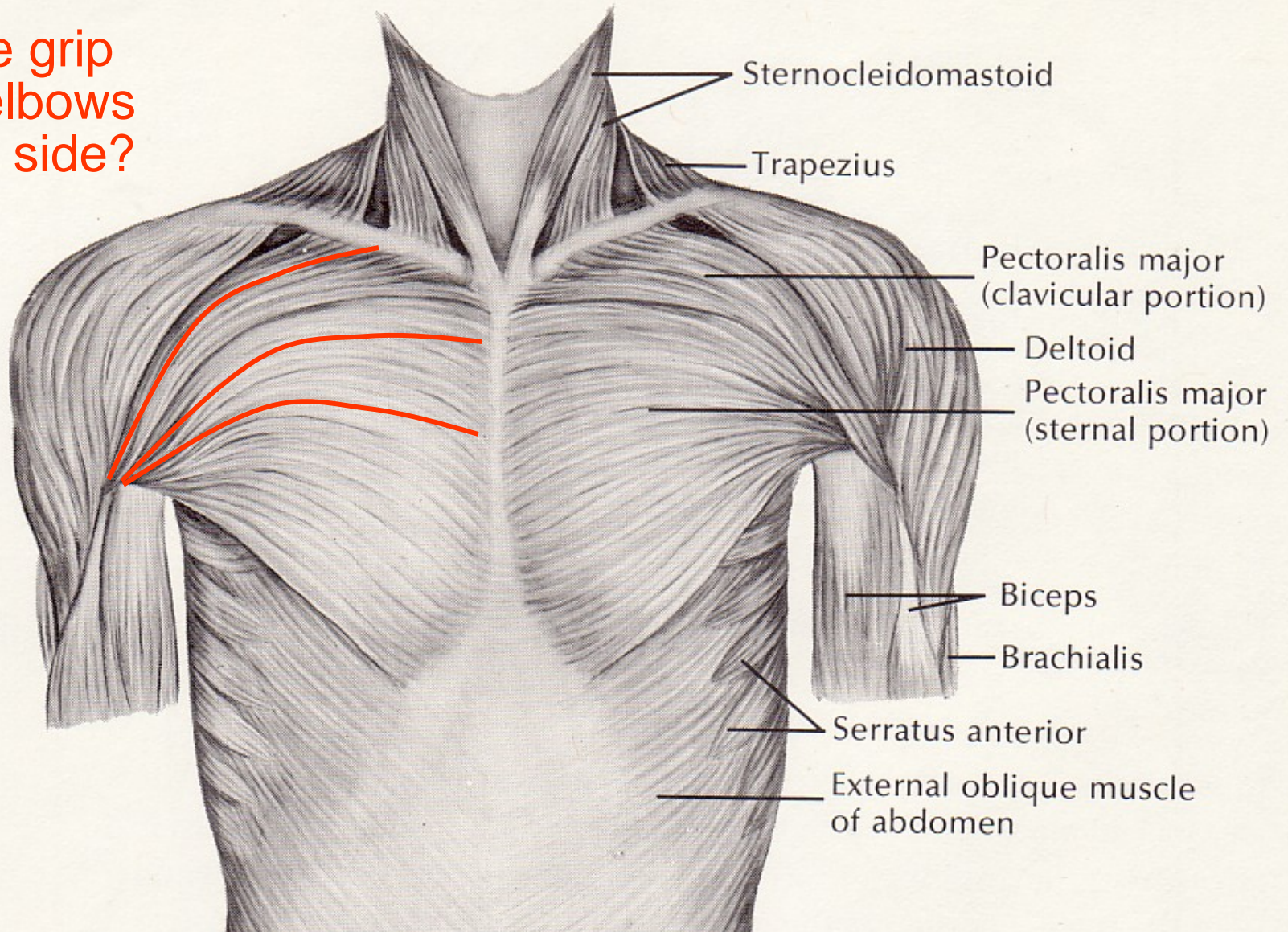
Chest
Shoulder front
Arm back

Pectoral group
Anterior deltoid
Triceps brachii



Chest anterior

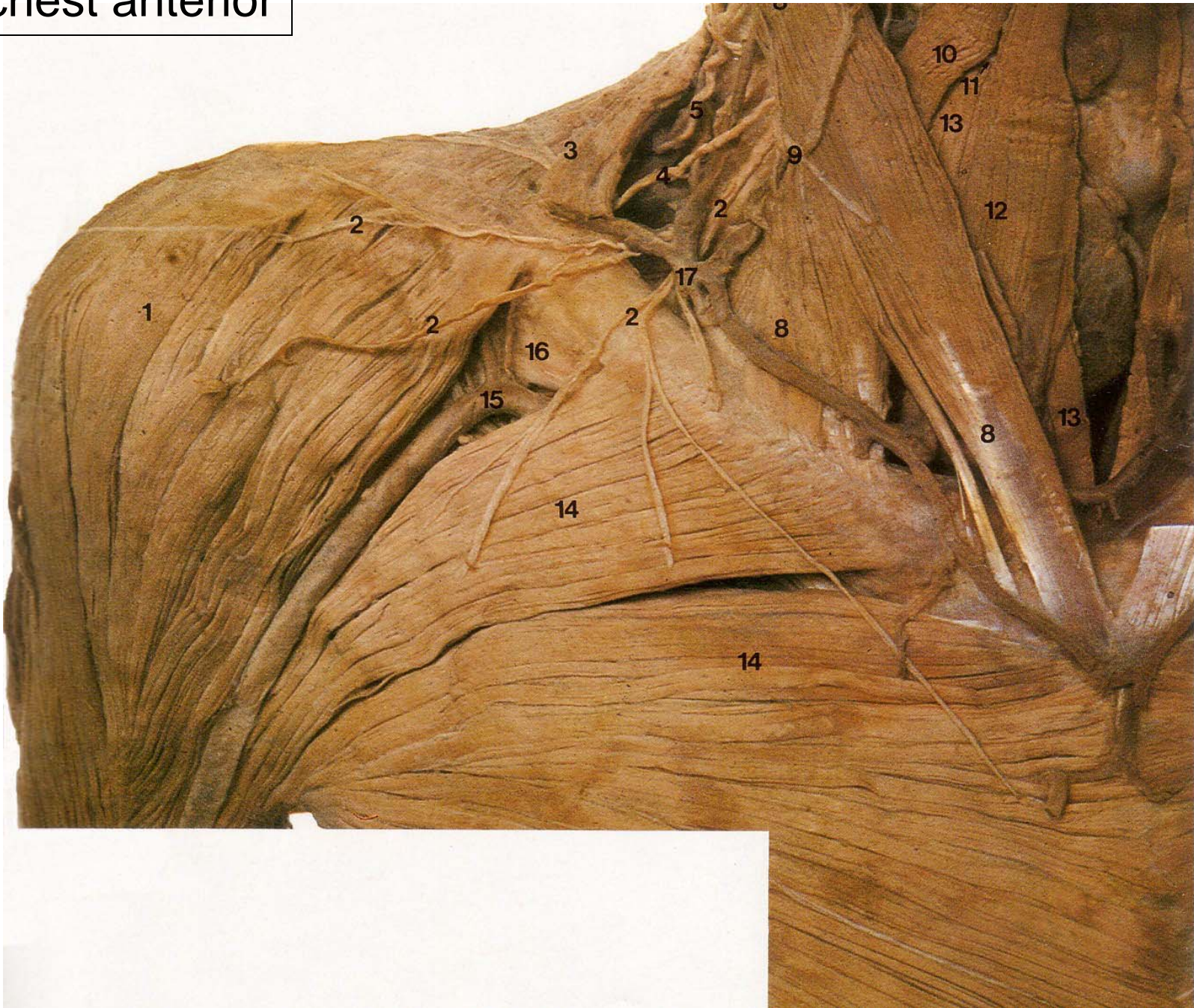
Q. Wide grip
vs. elbows
near side?



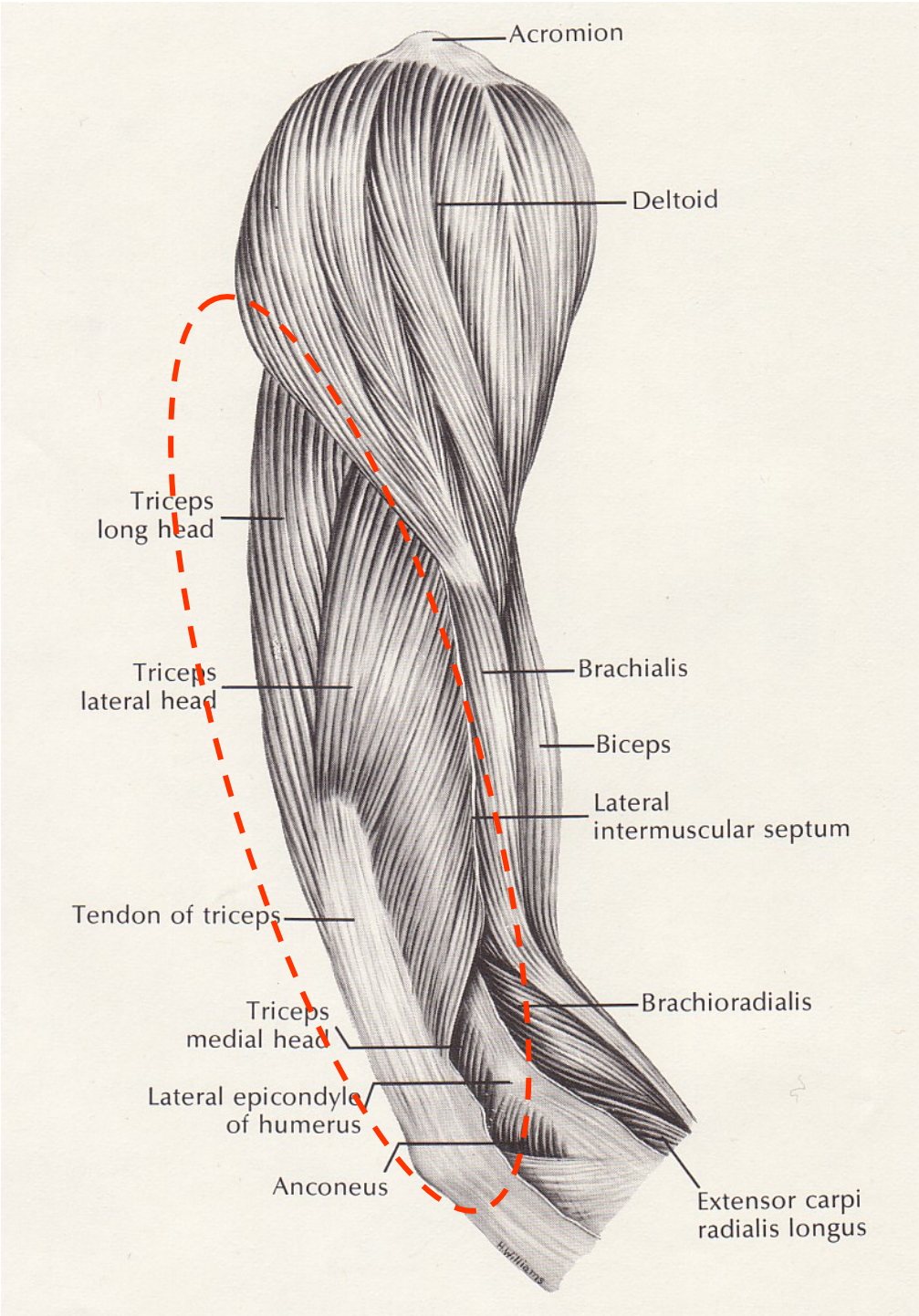
R chest anterior



R chest anterior



R arm lateral



L arm lateral

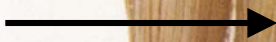
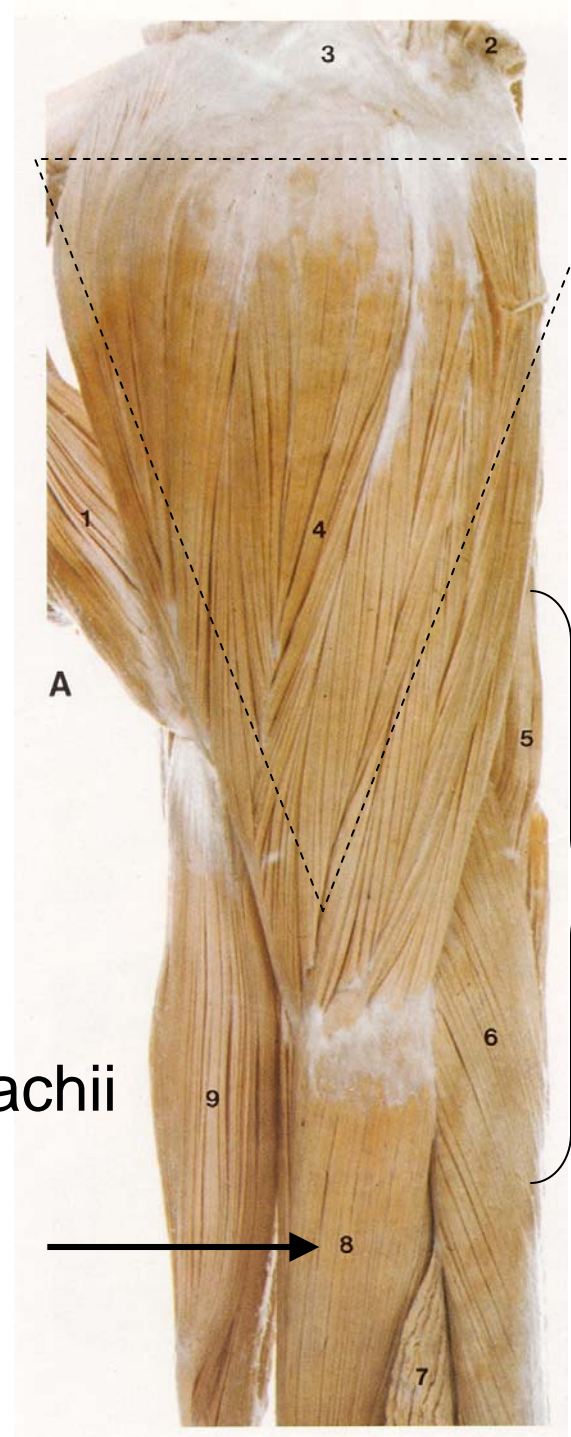
Pectoralis major

Deltoid

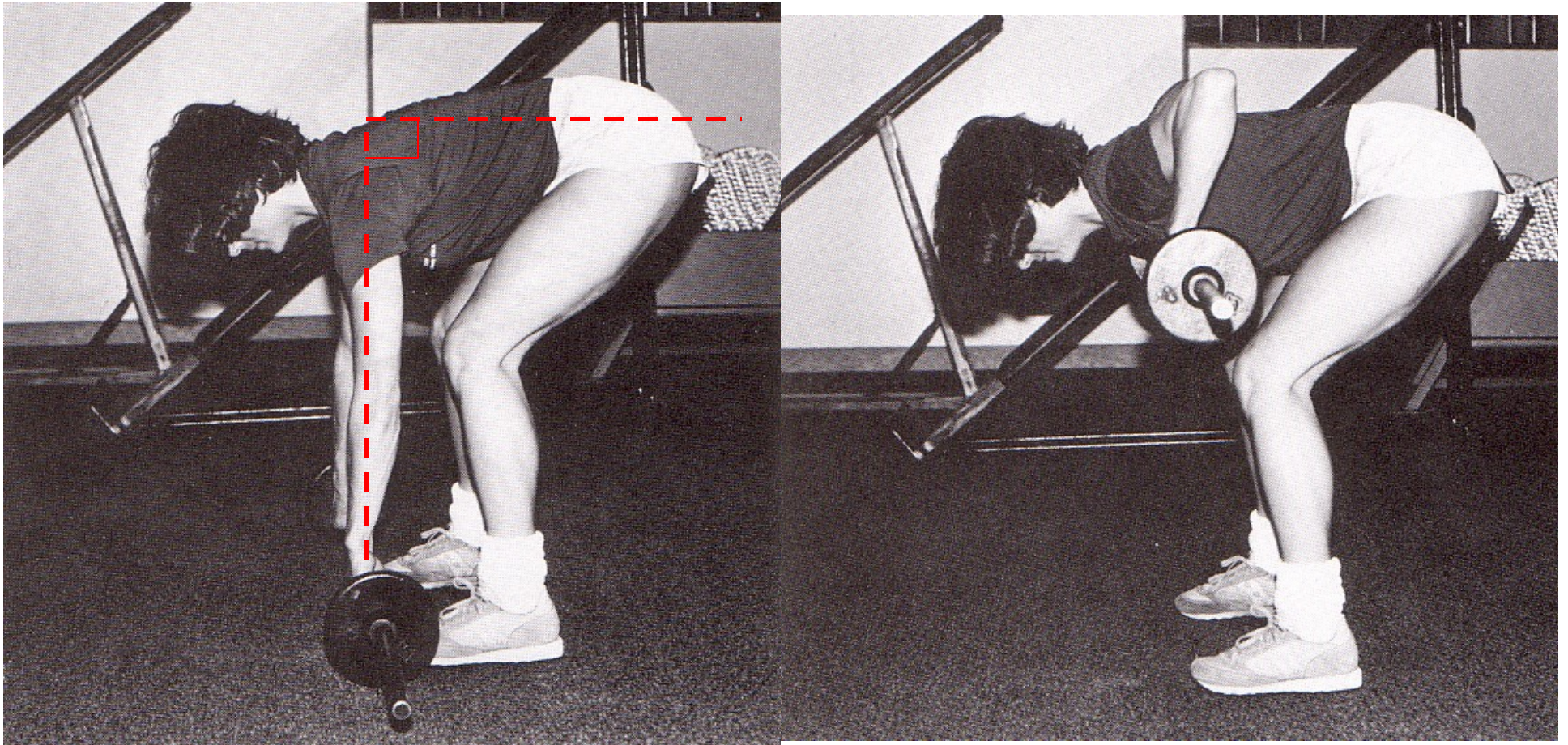
Triceps brachii

Biceps brachii

Brachialis



Bent-over Row



NB: Engages muscles exactly inverse to bench press. Upper back, back of shoulder, front of arm, back of forearm. Great for supersetting!

Cards

+

Discussion?