

## BI 199 ANATOMY LAB MYSTERY TREASURE HUNT II

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 discovery/treasure hunt questions by working collaboratively with members of your group. Have one group member who was not the recorder last week serve as recorder for this lab session. Others can be primary cadaver or reference investigators. Remember, if you switch roles, be sure to change gloves to avoid cross-contamination of pens and references. Also, be sure to be extremely careful in searching for structures and to cover/drape body sections you are not examining.

1. Note the cadaver name/# at your station. Identify & list *muscles* that are *worked specifically* by the *straight & bent-knee calf raise*. Which muscles are stressed most by which *unique form* of the calf raise?
2. Note the cadaver name/# at your station. Identify and list muscles that are worked by *trunk twisting* motions? If the trunk is twisted in a *counter-clockwise fashion*, which muscles are *activated*?
3. Note the cadaver name/# at your station. From the supine position, if the *trunk* is moved in a linear fashion (without twisting) toward the *lower extremities* (hip flexion), which *muscles* are *activated*? Identify these muscles at your station. How does keeping the *knees bent at a constant angle* influence the muscles activated?
4. Note the cadaver name/# at your station. Identify and list subsections of arm muscles worked by the triceps extension. Identify on each other by way of superficial anatomy (but be careful not to touch with gloves!) and on the cadaver.
5. Note the cadaver name/# at your station. Find the "*hitch-hiker*" muscle on your own body and on the cadaver you've identified. Demonstrate to a partner in your group, the *hand grip for the curl exercise* that is optimal for activating this muscle. Name and illustrate this grip by drawing a simple sketch on the back of this page. Identify the *long and short heads of the biceps brachii* and locate the *brachialis*, another (some say chief!) prime flexor of the forearm at the elbow. Which specific hand grips isolate each of these muscles? Make a check here \_\_\_\_\_ and raise your hand when you've done all of the above.