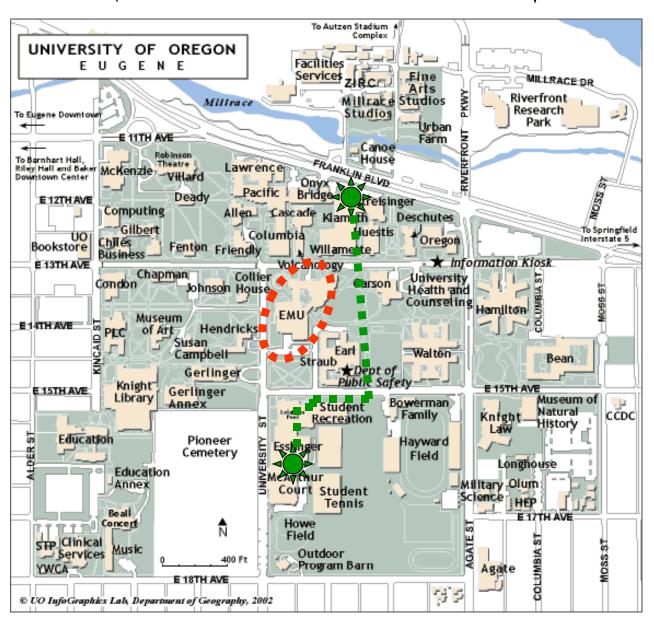
Please ask questions, so we can really open up our discussion!

#### **BI 199 APWT Discussion 2**

- Announcements Attendance. Q last time? Next Thursday 1<sup>st</sup> Anatomy Lab Trip? Hopeful, but still waiting for final word? Where to go? How to get there? Review of General Anatomy Lab Guidelines.
- II. Accurate, Reliable, Readable Resources for Your Project?
- III. Connections: Anatomical Position + Descriptive Terms
- IV. <u>Body Builder's Syndrome</u>?
- V. <u>Superior-Inferior & Anterior-Posterior Balances</u> Up-Down & Front-Back, Squat-Push-Pull!
- VI. Anatomy of Squat-Push-Pull Exercises
  - A. Squat/Front squat
  - **B.** Bench press
- C. Bent-over row, inverse or complement to bench press!
- VII. Create-A-Joint! Anatomy lab bones + tape group work.

**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. <u>Demonstrate respect</u> for all specimens (cadavers, skeletons, organ & tissue samples...).
- 2. The right of <u>privacy & confidentiality</u> due all medical patients is <u>extended to all anatomical donors</u>.
- 3. Electronic devices (cell phones, cameras, video equipment, lpods,...) 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.
- Long pants, long-sleeve shirts & closed shoes (rather than sandals) are best.
- Cadavers should be appropriately draped/covered at all times. <u>All regions not being studied should be</u> <u>covered to help with preservation</u>.

### Nutrition Action

lacts and Retions. ON CATIFO

Performance raining

The healthiest pizza, p. 12

University of California, Berkeley

## WellnessLetter

News and expert advice from the School of Public Health

#### WellnessFacts

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

#### The sight-saving diet?

A look behind the eye-health claims made for foods and supplements

o one knows how to prevent the eye disorders that often come with aging, though not smoking



the progression of AMD if you do develop it (see page 2).

Eye on research

physician Exercise is Medicine

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ou Overdo Refined Grains?

BY BONNIE LIEBMAN

Eat less sugar. Check.

Fat more whole grains.

Check. Eat less refined

Or maybe not. Many people would be surprised know just how much ref

grain. Check.

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Expert | Independent | Nonprofit<sup>®</sup> | Volume 22 Number 7



One size does not

Lactose intolerance Sleep less, eat more

Fish-oil pill safety

Hot-flash remedies

Muscle gain without the pain

10 HEART SHOW Jet lag and motion sickness

11 5 things a doctor might not tell you

12 Salt substitutes Heartburn drugs ·Hair woes

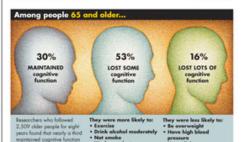
#### Age-proofing your brain

ging is inevitable; losing your mental Other research has found that while acuity is not. That's the implication of the latest brain research, which is discovering that the choices we make throughout our lifetime about work, play, diet, social interaction, relaxation, and even spirituality edge, and vocabulary continue to expand as have a significant effect on our ability to remain we age. And the brain is proving to be amazsharp well into old age.

A 2009 study sponsored by the National Institutes of Health, for example, found that while most older people experience some cognitive decline as they age, nearly a third don't. And as highlighted in the box below, what sets people like them apart from others are factors that can be controlled.

younger brains tend to be more agile than older ones in certain respects, some of the most important aspects of mental functioning, such as deductive reasoning, general knowlingly resilient, capable of compensating for the assaults of aging.

"Your brain doesn't know how old you areand doesn't care," says Paul D. Nussbaum, Ph.D., an adjunct professor of neurological surgery at the University of Pittsburgh School of Medicine. "It just wants to be in a stimulating /Continued on Page 4



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Subject to Madeus

SELECT National Strength and Conditioning Association



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Learn and Live sm







### **AAHPERD**

American Alliance for Health Physical Education Recreation and Dance





Health Care for Life & Sport

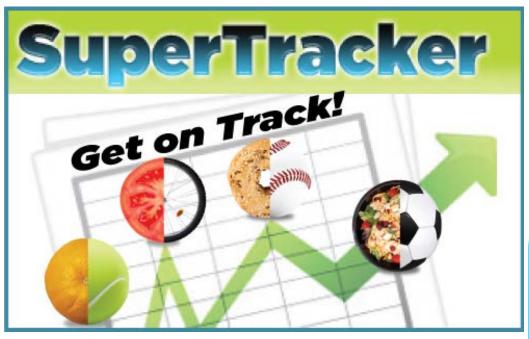






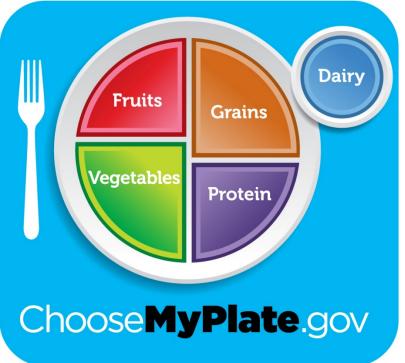
http://www.eatright.org

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

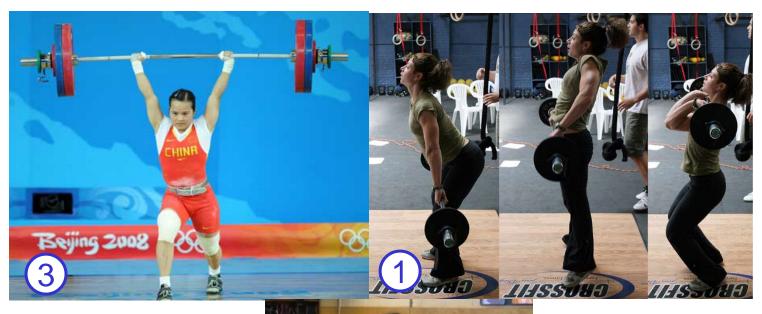


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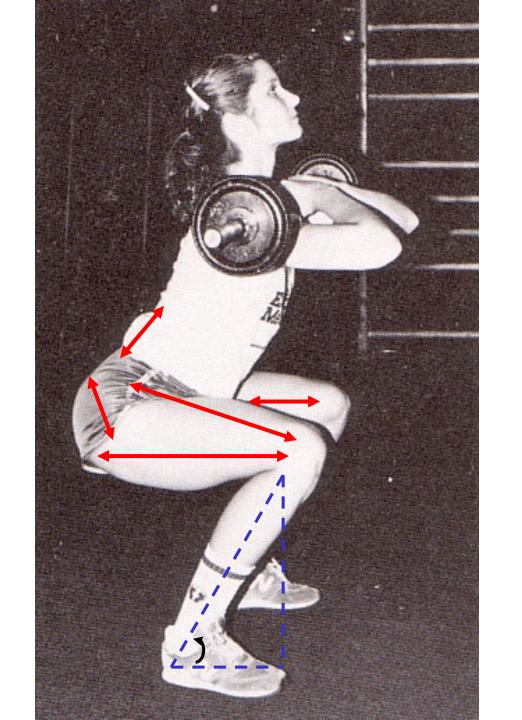
### Balance e.g.: Squat-Push-Pull



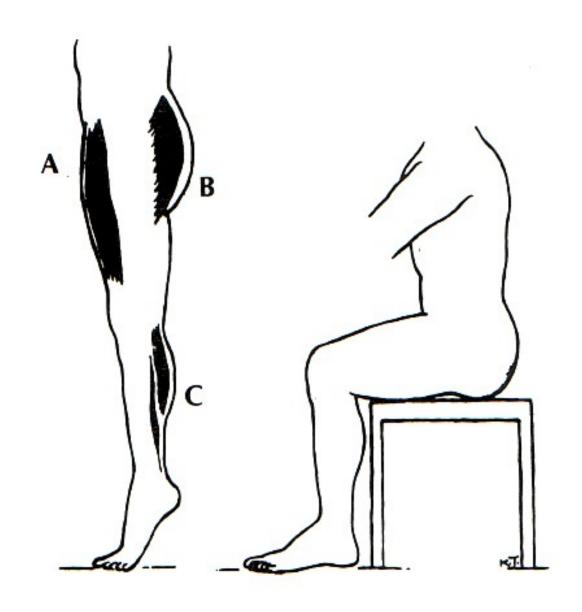
Q? Which are most likely accurate & reliable internet sources & best resources for your project?



Photo Sources: <a href="http://news.xinhuanet.com">http://news.xinhuanet.com</a>, <a href="http://pcconditioning.blogspot.com">http://pcconditioning.blogspot.com</a>



### Great Extensors of Lower Extremities



R lower back & hip quadrant Trapezius Deltoid Teres minor Teres major Fascia over infraspinatus Rhomboideus major Latissimus dorsi Triceps External oblique muscle of abdomen Lumbodorsal fascia Gluteus medius Gluteus maximus H. Williams

R lower back & hip quadrant



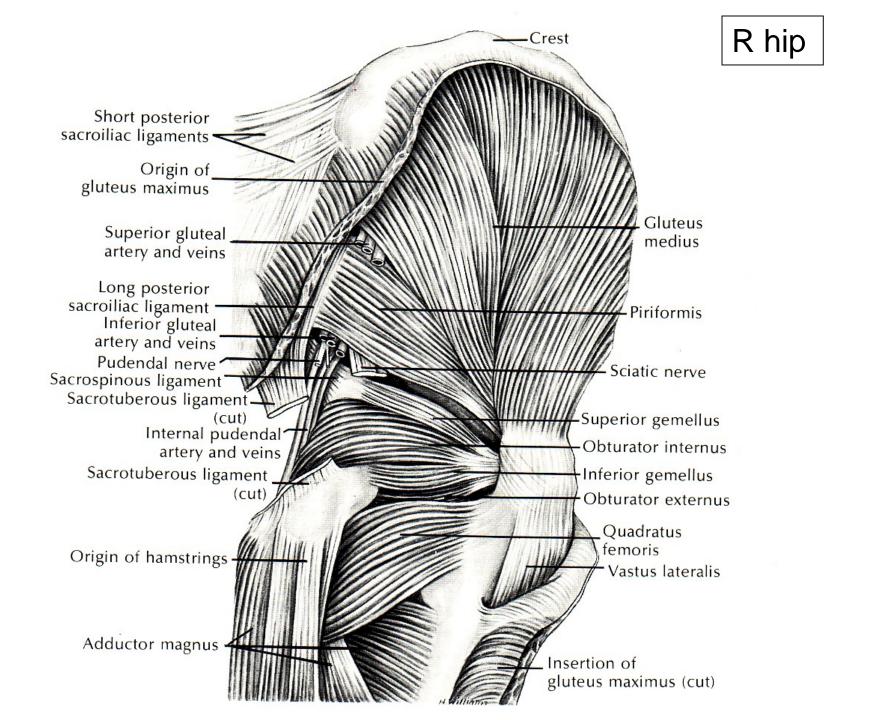
Latissimus dorsi

External oblique

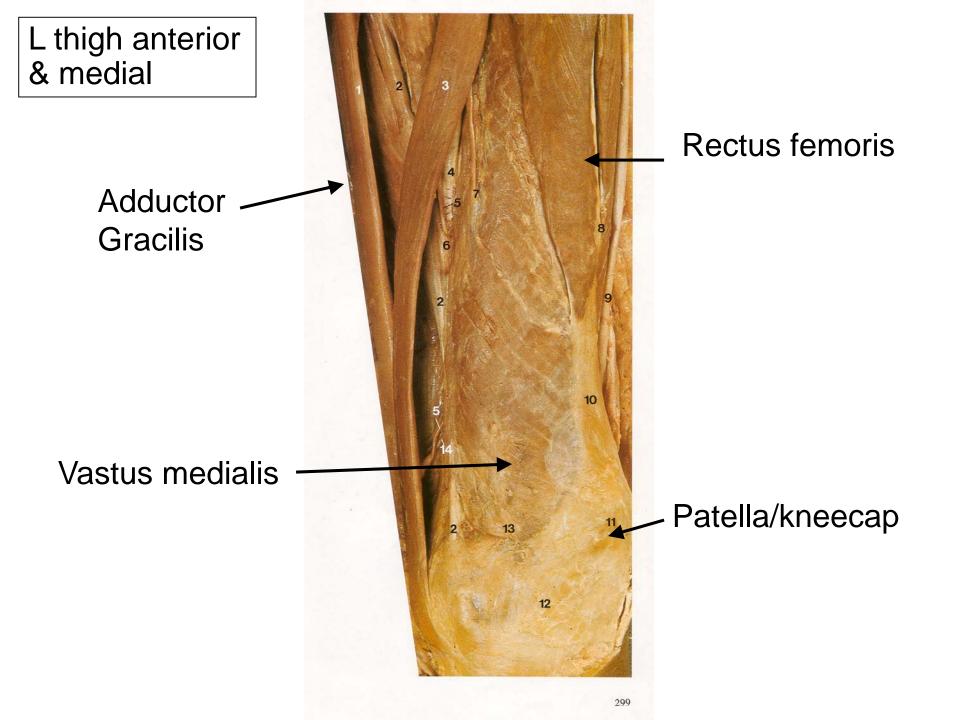
Gluteus maximus.

Erector spinae \_

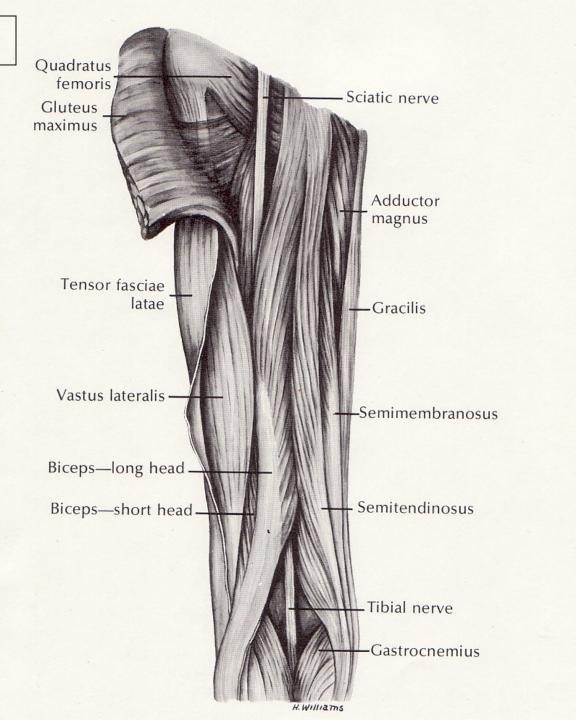
beneath fascia

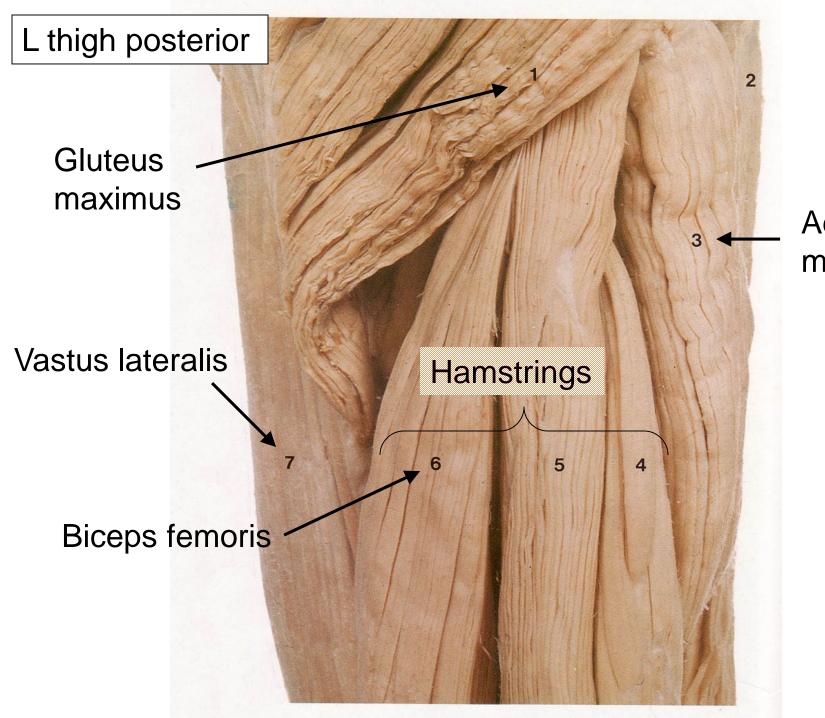


L thigh anterior Inguinal ligament - Iliopsoas Femoral nerve Tensor fasciae latae Femoral vein-Femoral artery Pectineus Adductor brevis Adductor longus Sartorius -Rectus femoris -Vastus lateralis Gracilis Vastus medialis

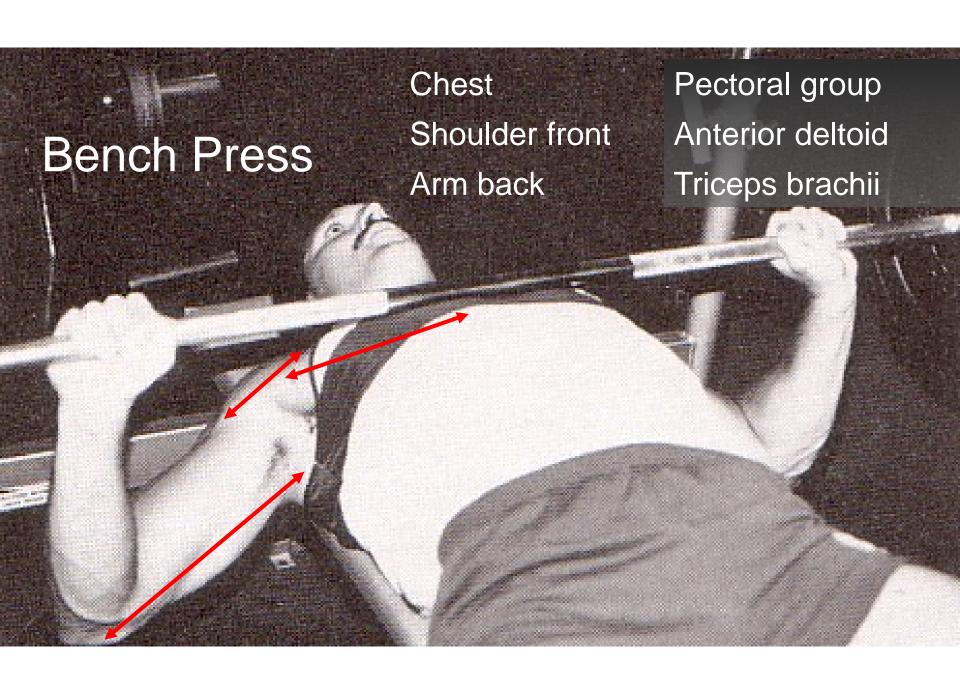


### L thigh posterior

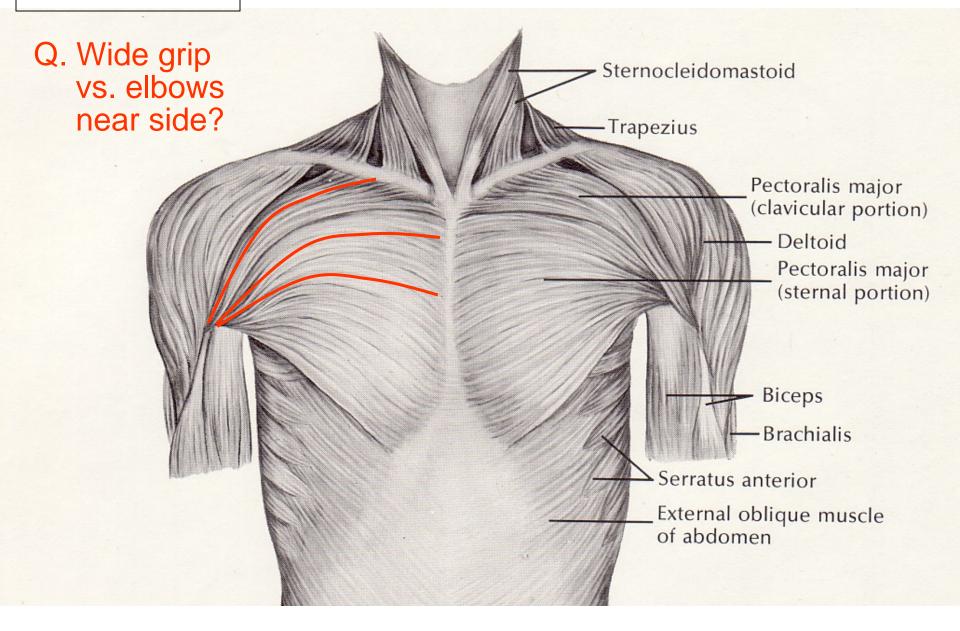




Adductor magnus



### Chest anterior

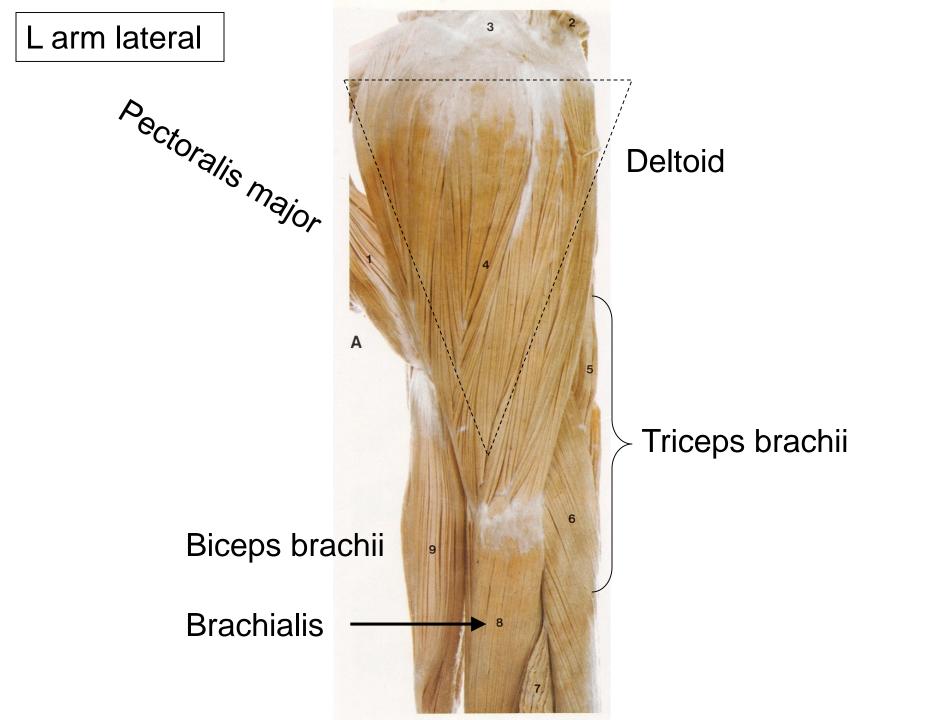




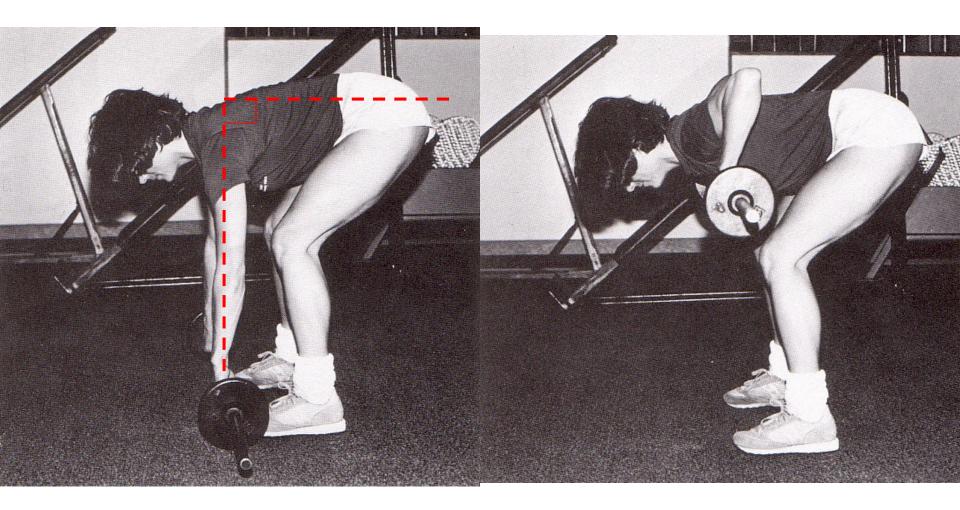


### Acromion Deltoid Triceps long head Triceps lateral heard Brachialis -Biceps Lateral intermuscular septum Tendon of triceps -Brachioradialis Trice s medial head Lateral epicondyle of humerus Anconeus Extensor carpi radialis longus

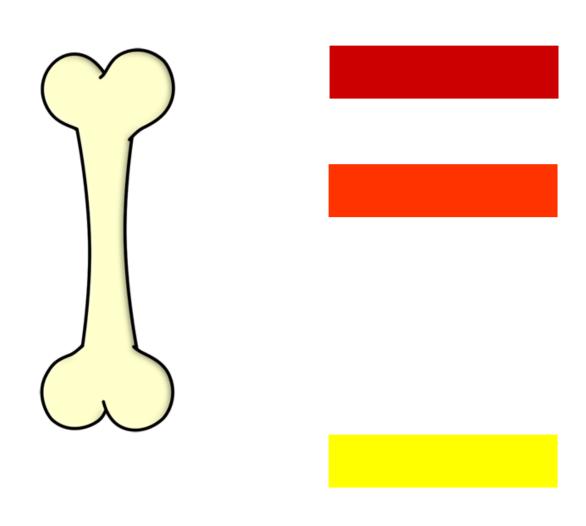
### R arm lateral



### **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?