BI 199 APWT Discussion 2

I. **Announcements**  Attendance. Q last time?
Next Thursday 1\textsuperscript{st} 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. **Body Builder’s Syndrome?**

V. **Superior-Inferior & Anterior-Posterior Balances**
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. **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**.
WellnessLetter

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 other cause.

Nutrition Action

Carbo Loading

Do You Overdo Refined Grains?

By Bonnie Lieberman

Nutrition Action

Strength and Conditioning Journal

The sight-saving diet?

No 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)

Consumer Reports on Health

Age-proofing your brain

Aging memorably: losing your mental acuity is not. That's the implication of the latest research, which is discovering that choices we make throughout our lives about what we eat, drink, and do have a significant effect on our ability to remain sharp 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 is that they exercise control.
Fabulous US Government Websites Thanks to Michelle Obama & Regina Benjamin!

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

http://www.choosemyplate.gov/

https://www.supertracker.usda.gov/default.aspx
Balance e.g.: Squat-Push-Pull

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.

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

- Short posterior sacroiliac ligaments
- Origin of gluteus maximus
- Superior gluteal artery and veins
- Long posterior sacroiliac ligament
- Inferior gluteal artery and veins
- Pudendal nerve
- Sacrospinous ligament
- Sacrotuberous ligament (cut)
- Internal pudendal artery and veins
- Sacrotuberous ligament (cut)
- Origin of hamstrings
- Adductor magnus
- Gluteus medius
- Piriformis
- Sciatic nerve
- Superior gemellus
- Obturator internus
- Inferior gemellus
- Obturator externus
- Quadratus femoris
- Vastus lateralis
- Insertion of gluteus maximus (cut)
L thigh anterior

- Inguinal ligament
- Iliopsoas
- Femoral nerve
- Tensor fasciae latae
- Femoral vein
- Femoral artery
- Pectineus
- Adductor brevis
- Adductor longus
- Sartorius
- Rectus femoris
- Gracilis
- Vastus medialis
- Vastus lateralis
Patella/kneecap

Rectus femoris

Adductor
Gracilis

Vastus medialis

Patella/kneecap

L thigh anterior & medial
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
Q. Wide grip vs. elbows near side?
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?