

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? 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

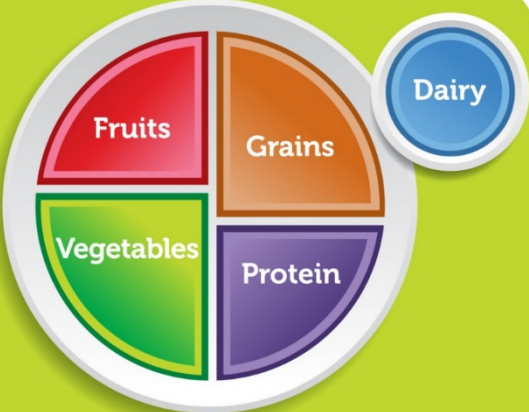

1. Demonstrate respect for all specimens (cadavers, skeletons, organ & tissue samples...).
2. The right of privacy & confidentiality due all medical patients is extended to all anatomical donors.
3. Electronic devices (cell phones, cameras, video equipment, Ipods,...) or recordings are not permitted.
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.

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

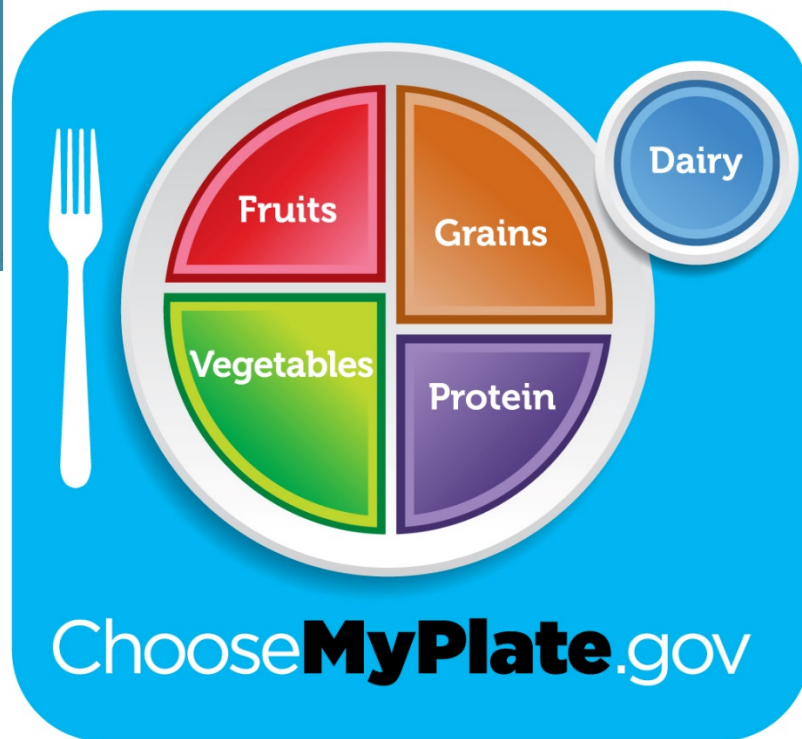
SuperTracker

Get on Track!



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

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



Balance e.g.: Squat-Push-Pull

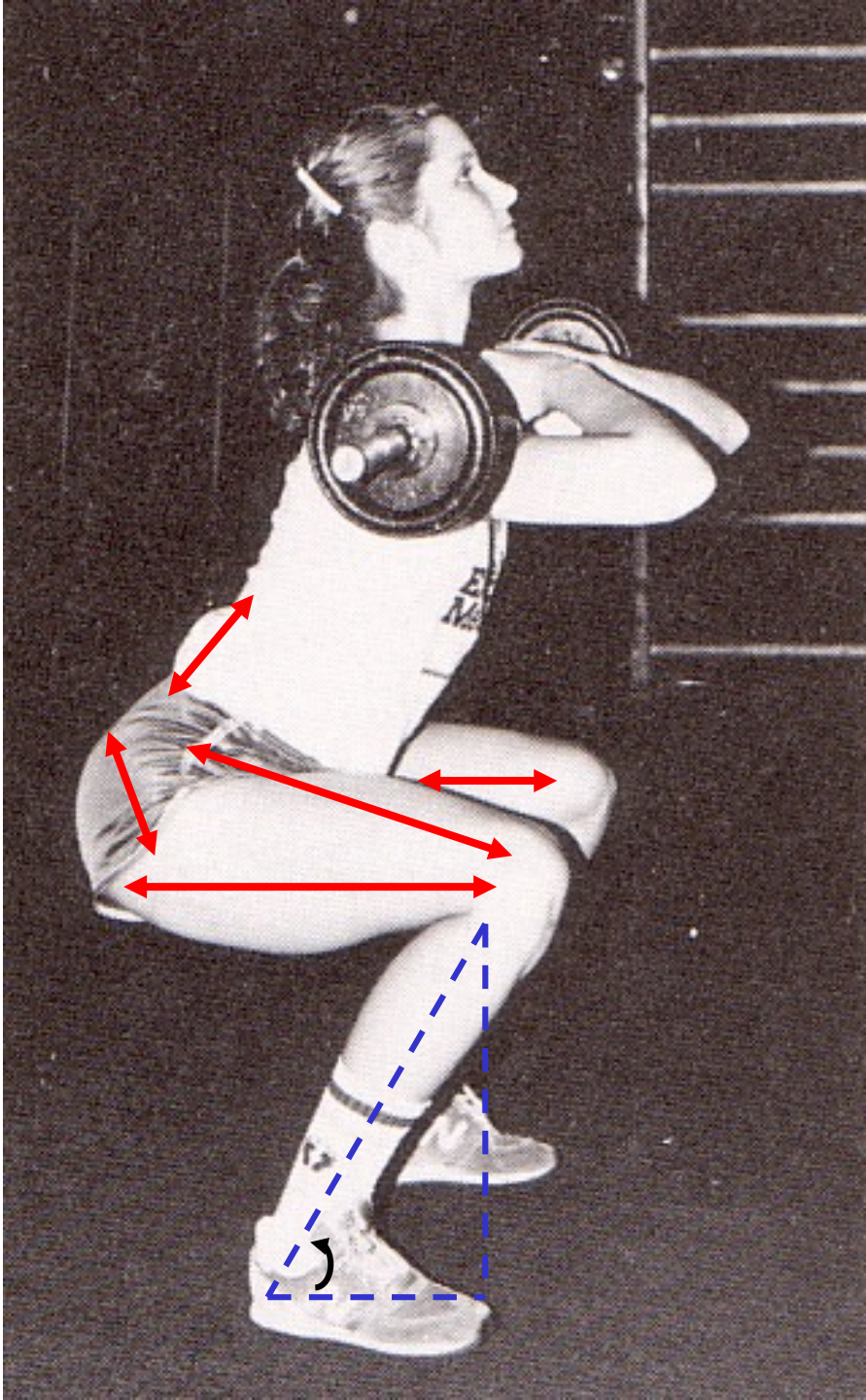


Q? Which are most likely accurate & reliable internet sources & best resources for your project?

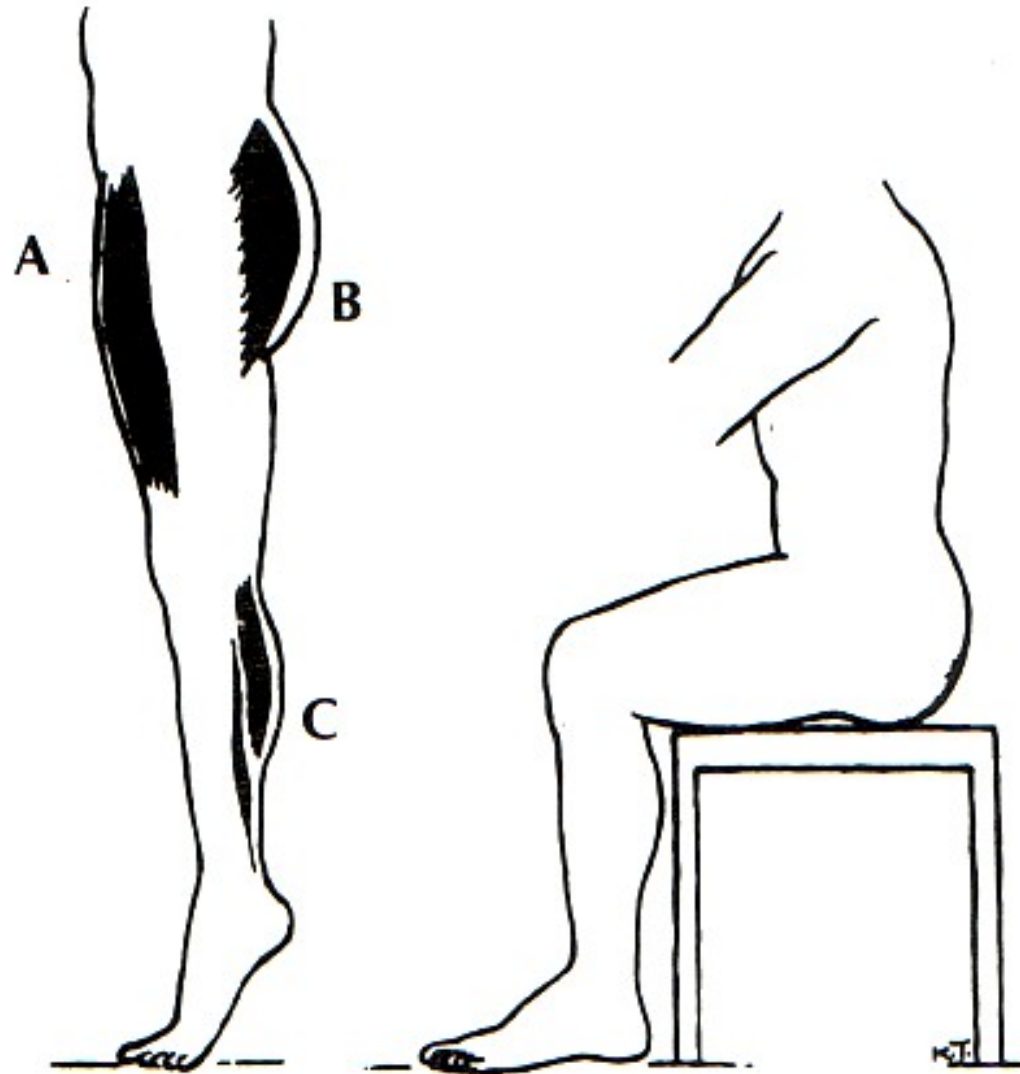


A. Most trustworthy? .edu, .org, or .gov extensions or peer-reviewed websites.

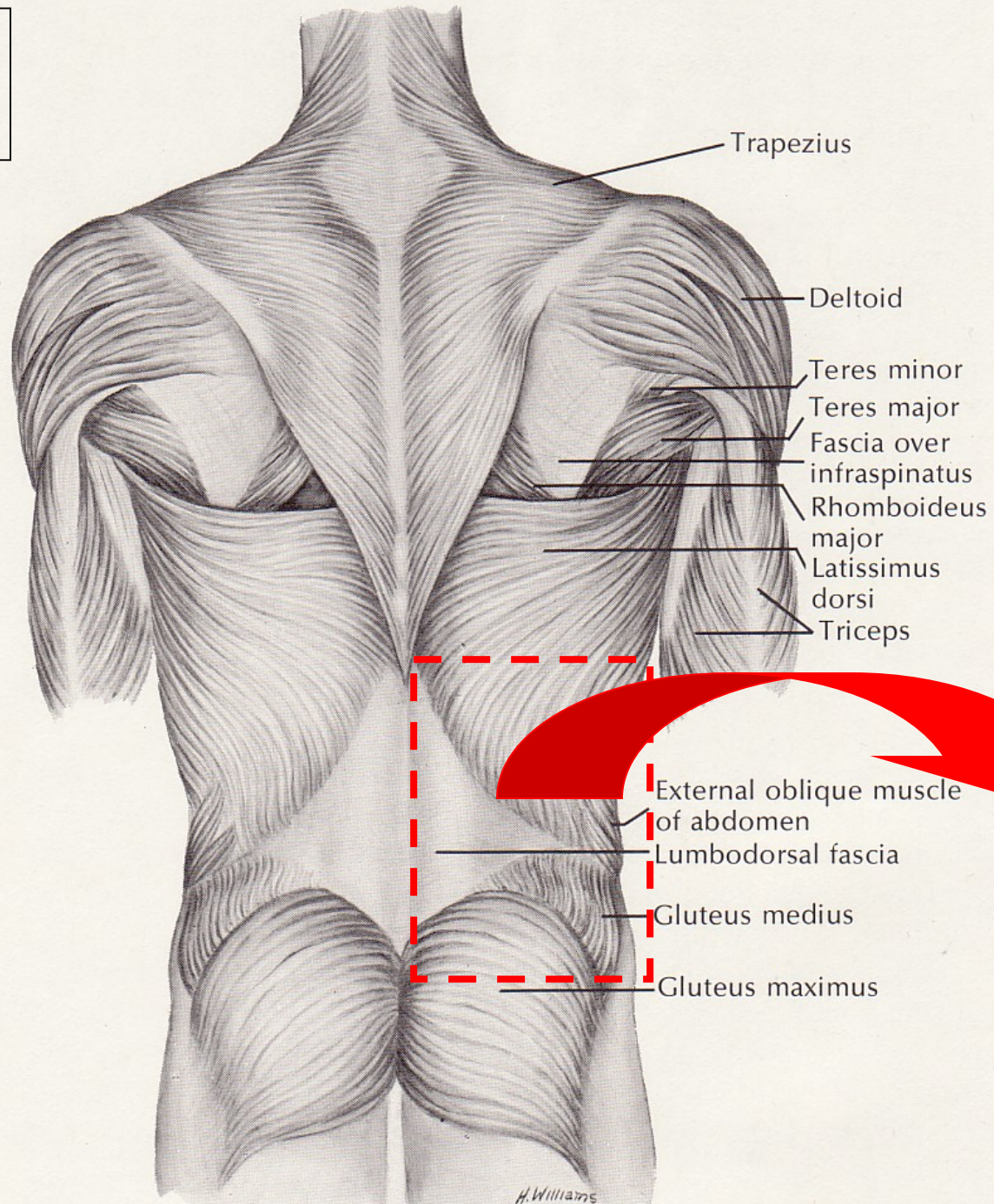
Photo Sources: <http://news.xinhuanet.com>, <http://caveman2point0.blogspot.com/>, <http://pcconditioning.blogspot.com>



Great Extensors of Lower Extremities



R lower back
& hip quadrant



R lower back
& hip quadrant



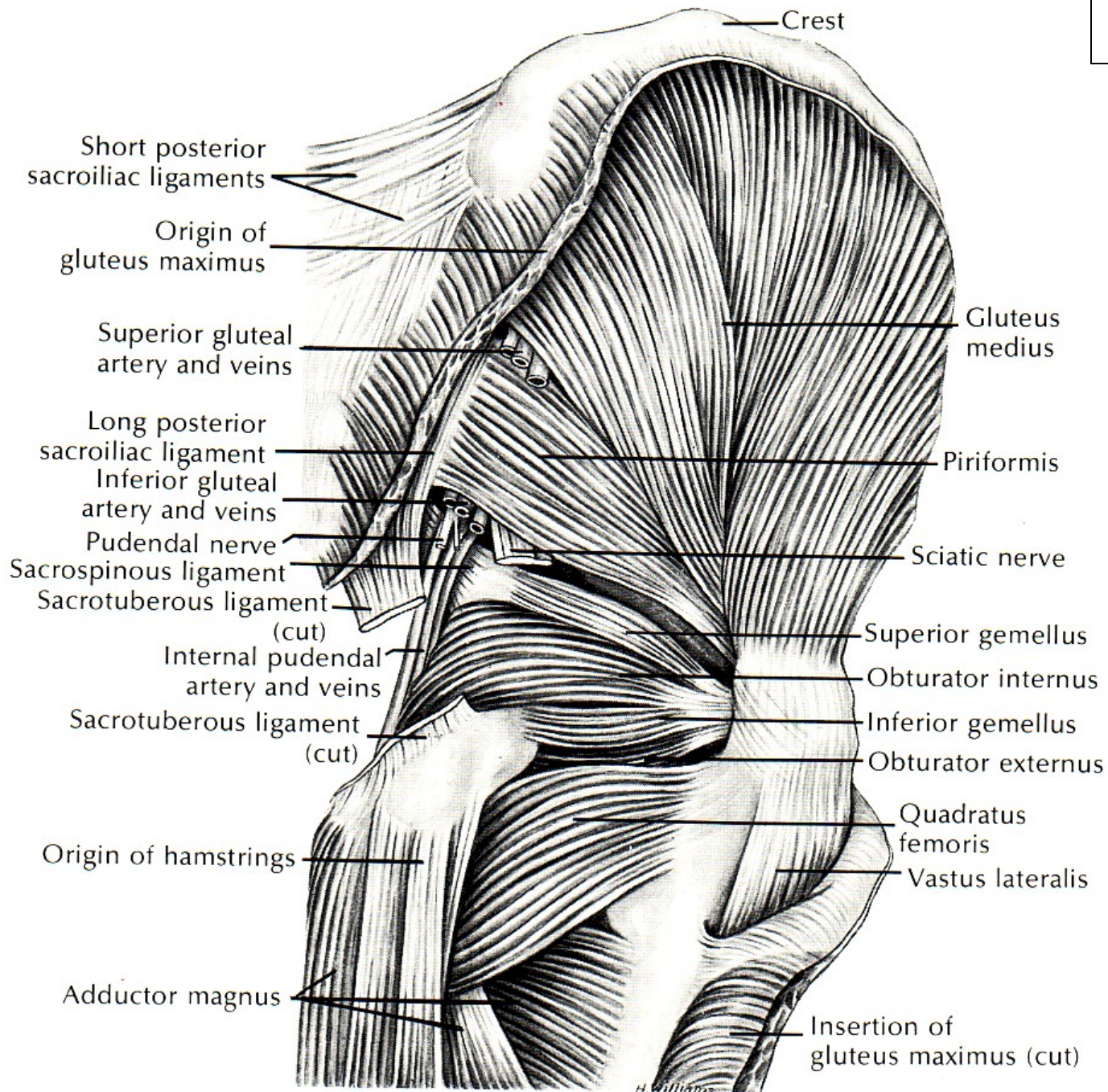
Latissimus dorsi

Erector spinae
beneath fascia

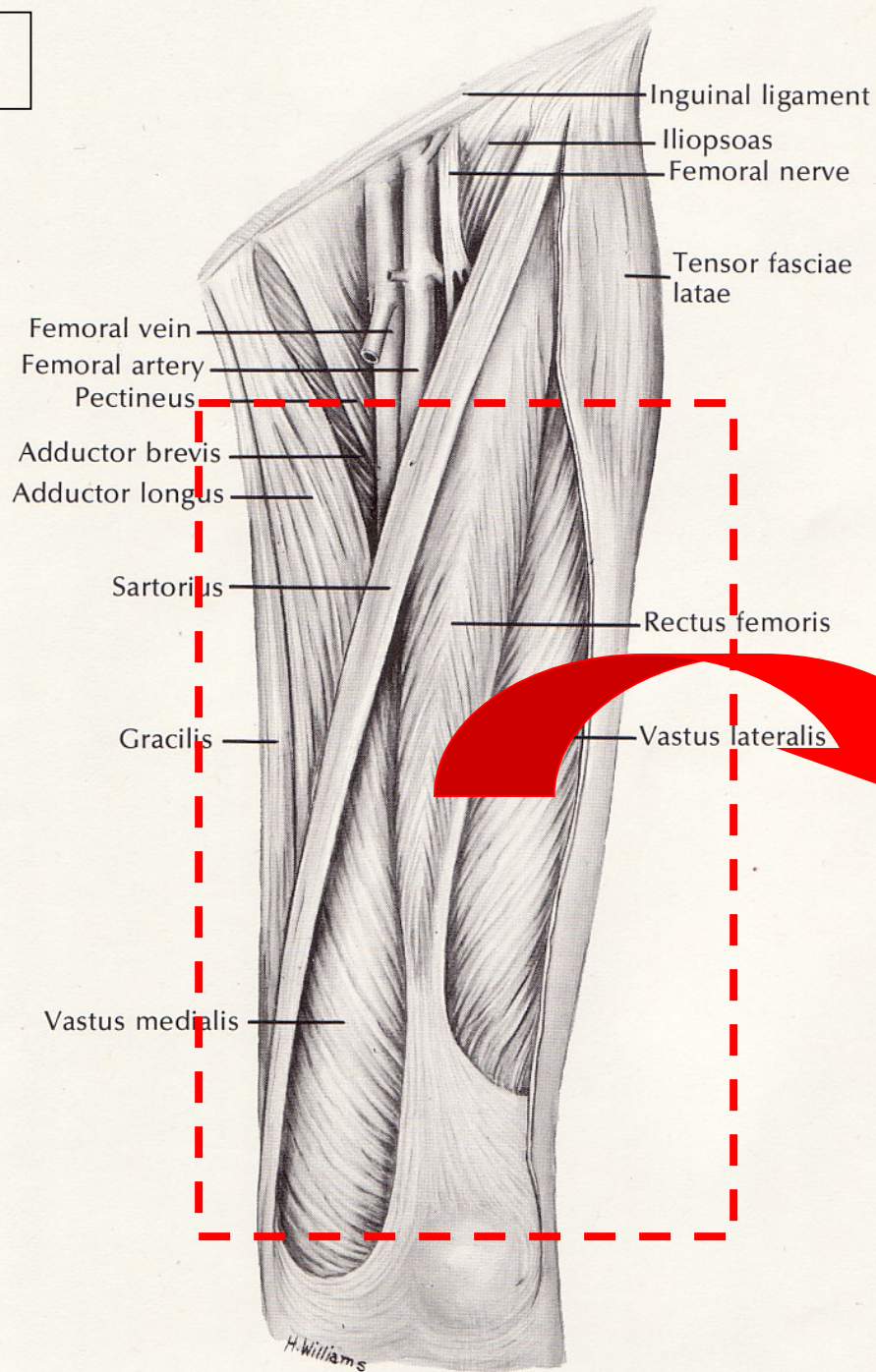
External oblique

Gluteus maximus

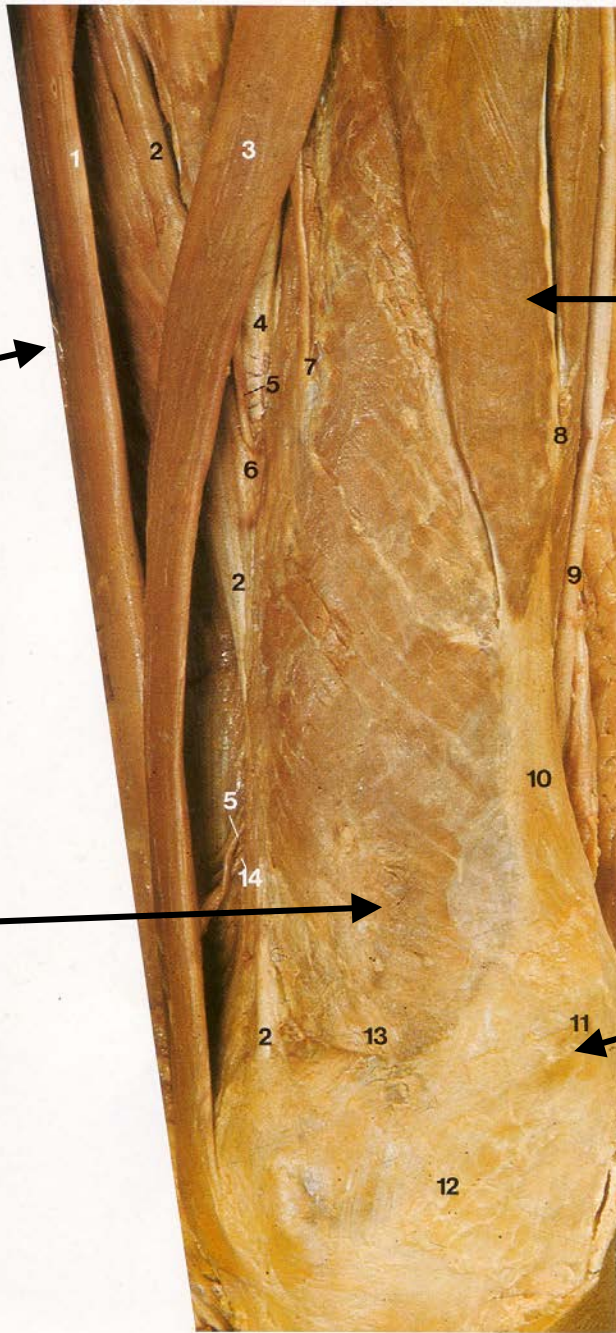
R hip



L thigh anterior



L thigh anterior
& medial



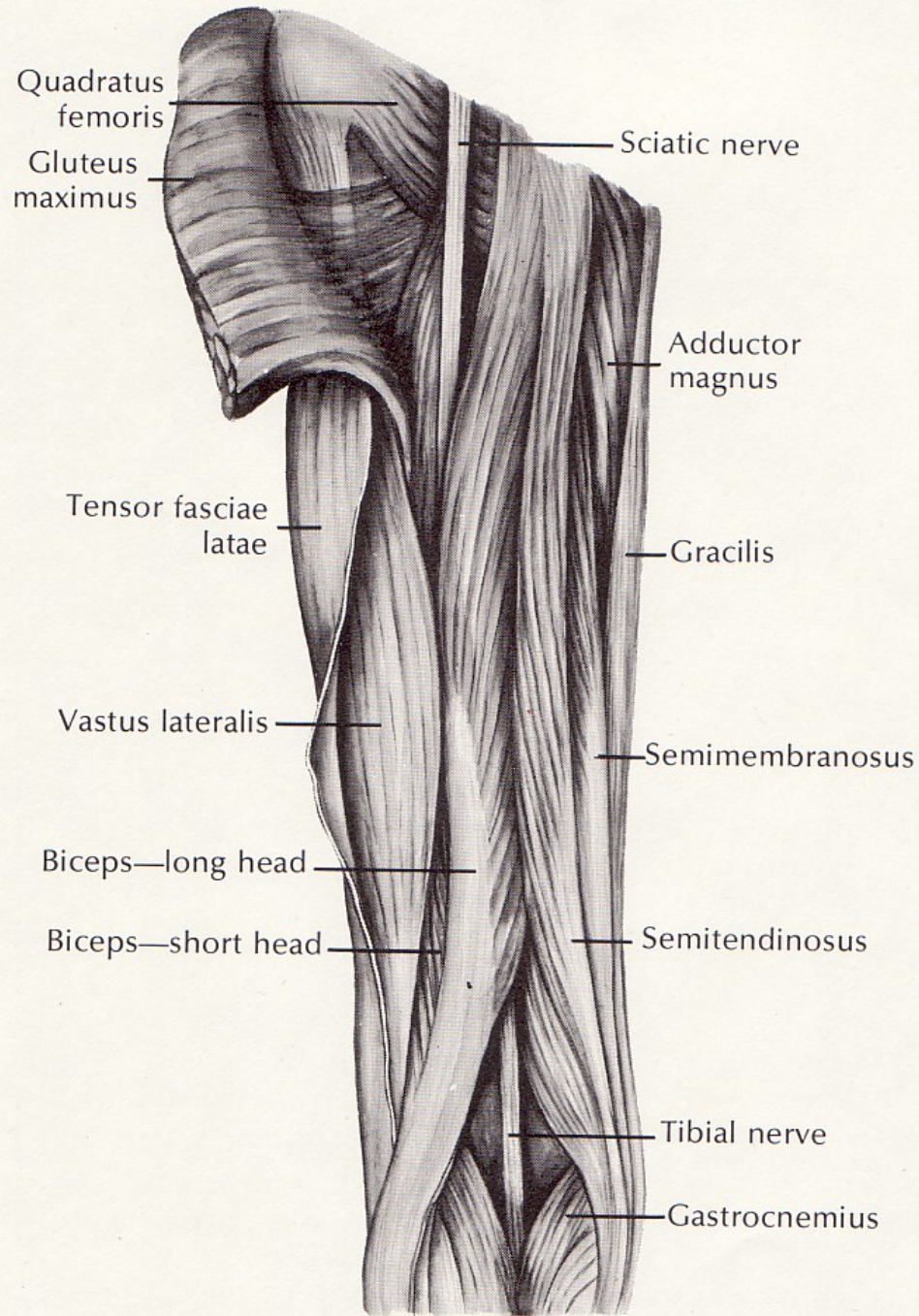
Rectus femoris

Adductor
Gracilis

Vastus medialis

Patella/kneecap

L thigh posterior



L thigh posterior

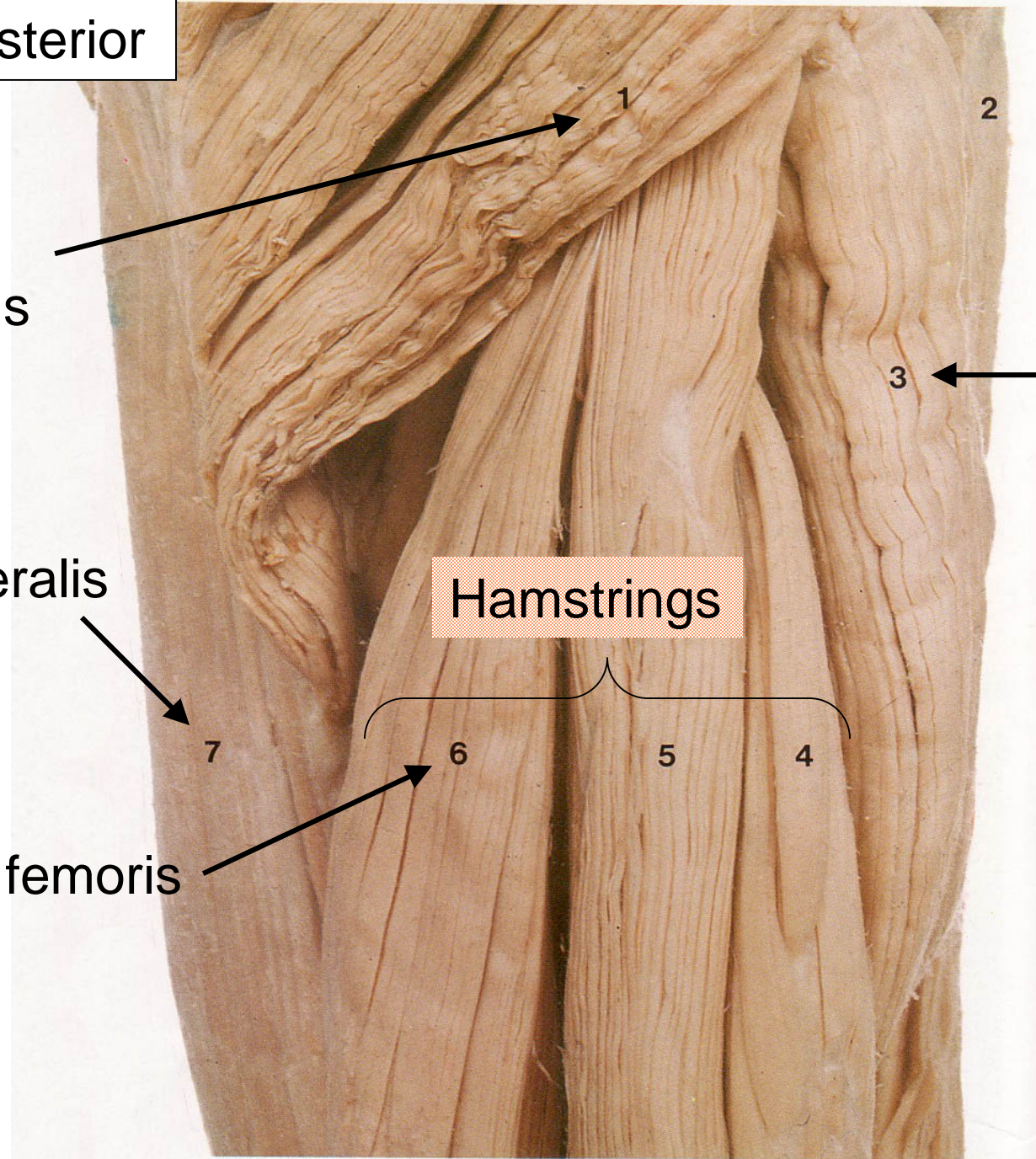
Gluteus maximus

Vastus lateralis

Biceps femoris

Hamstrings

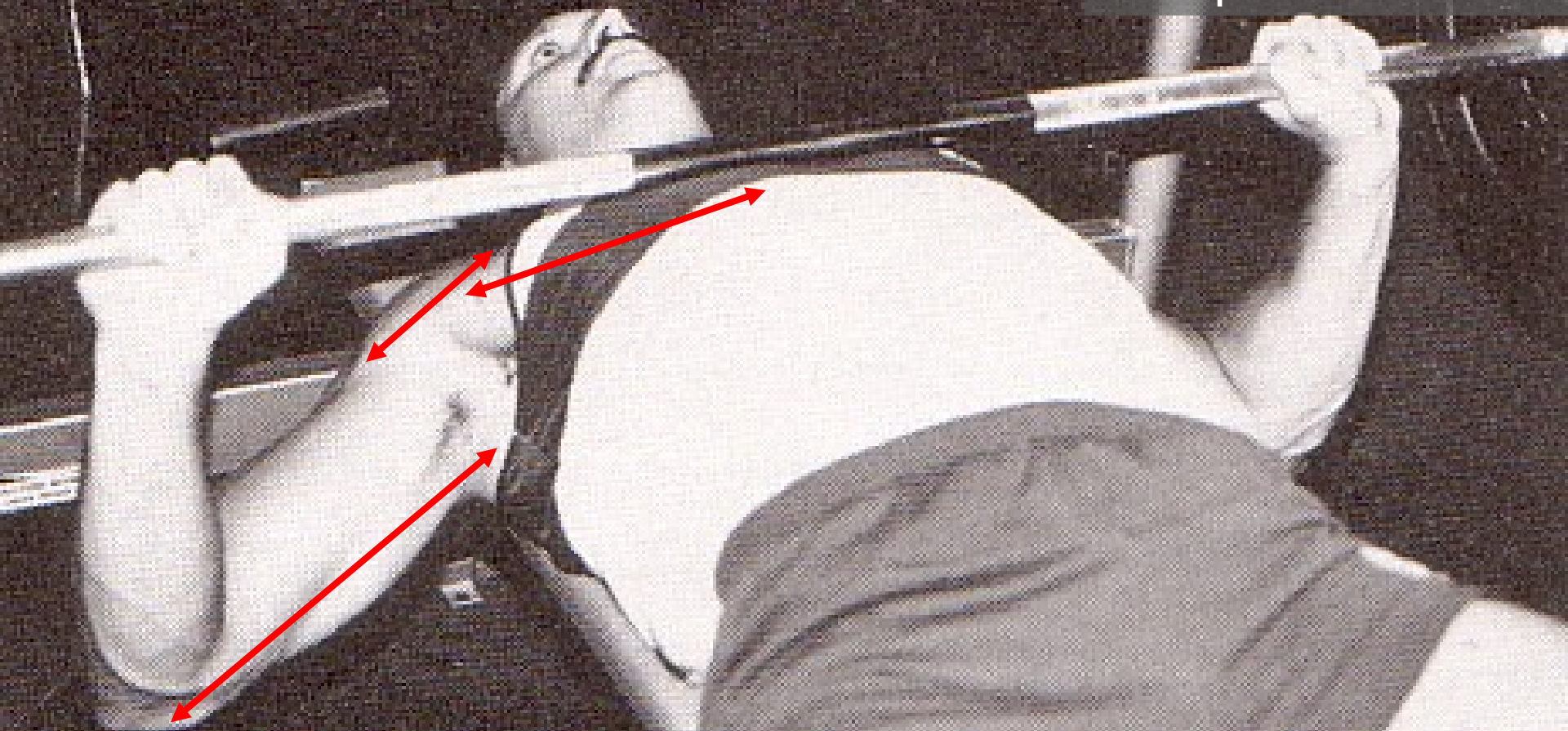
Adductor magnus



Bench Press

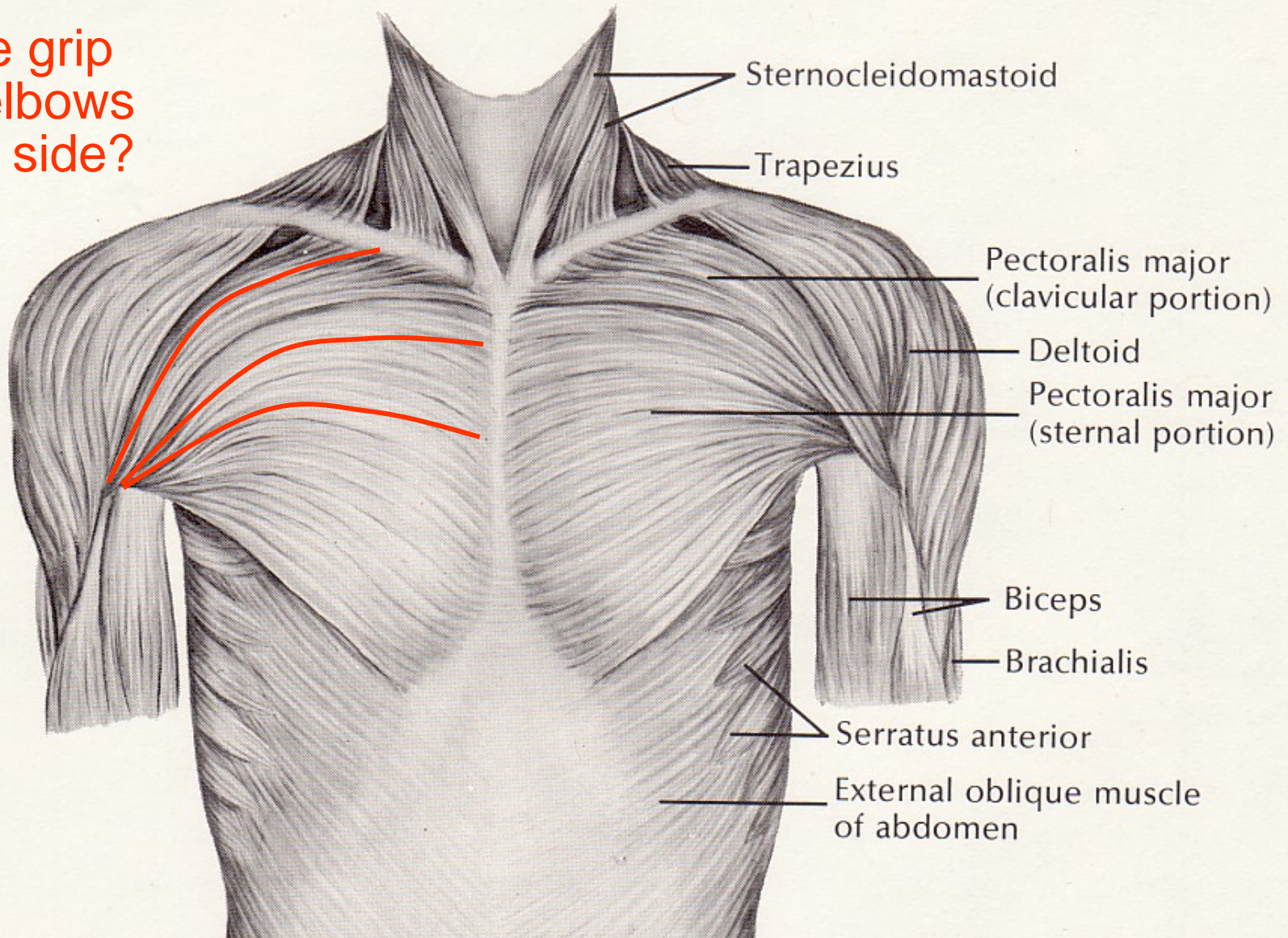
Chest
Shoulder front
Arm back

Pectoral group
Anterior deltoid
Triceps brachii



Chest anterior

Q. Wide grip
vs. elbows
near side?



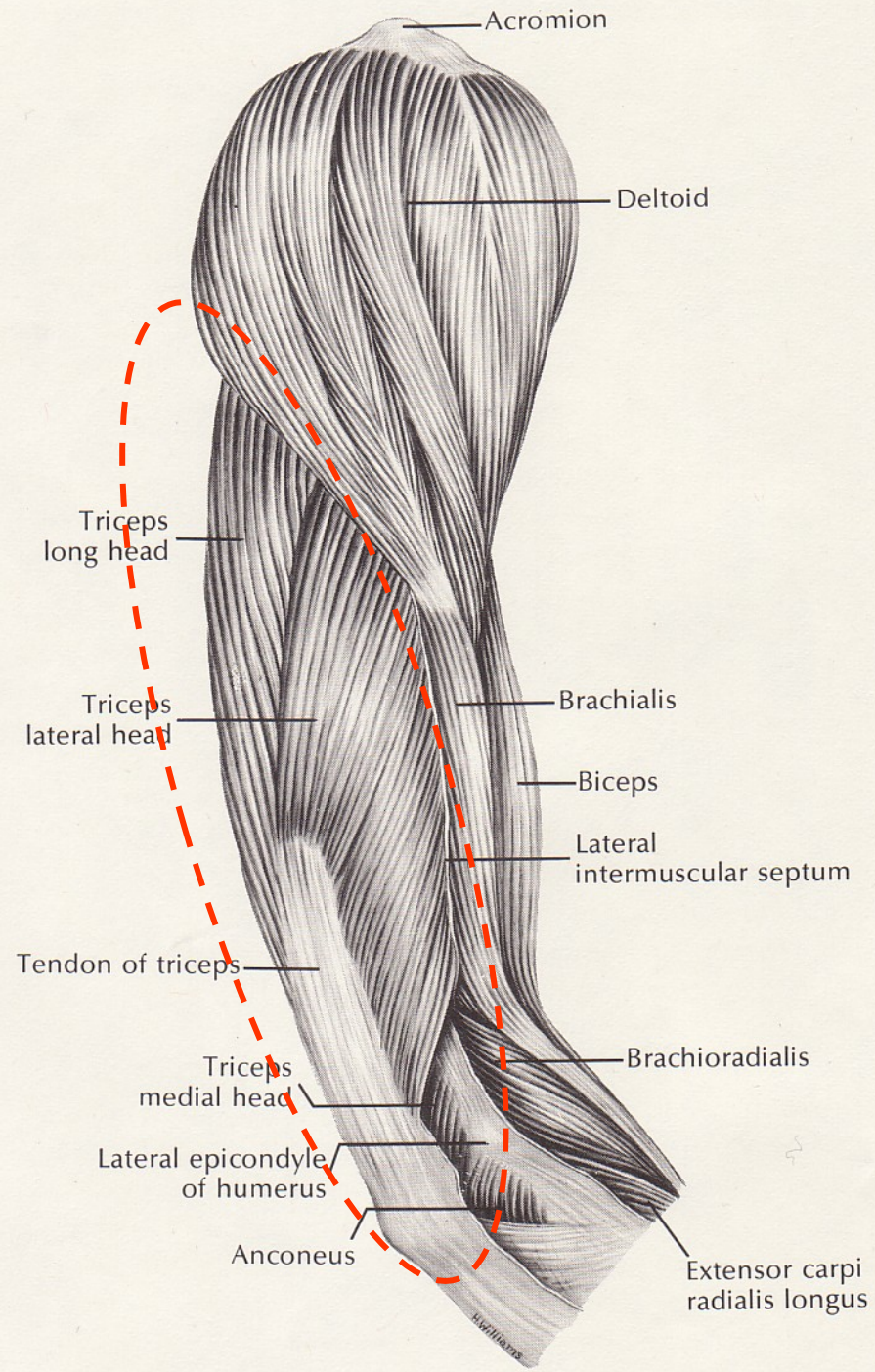
R chest anterior



R chest anterior



R arm lateral



L arm lateral

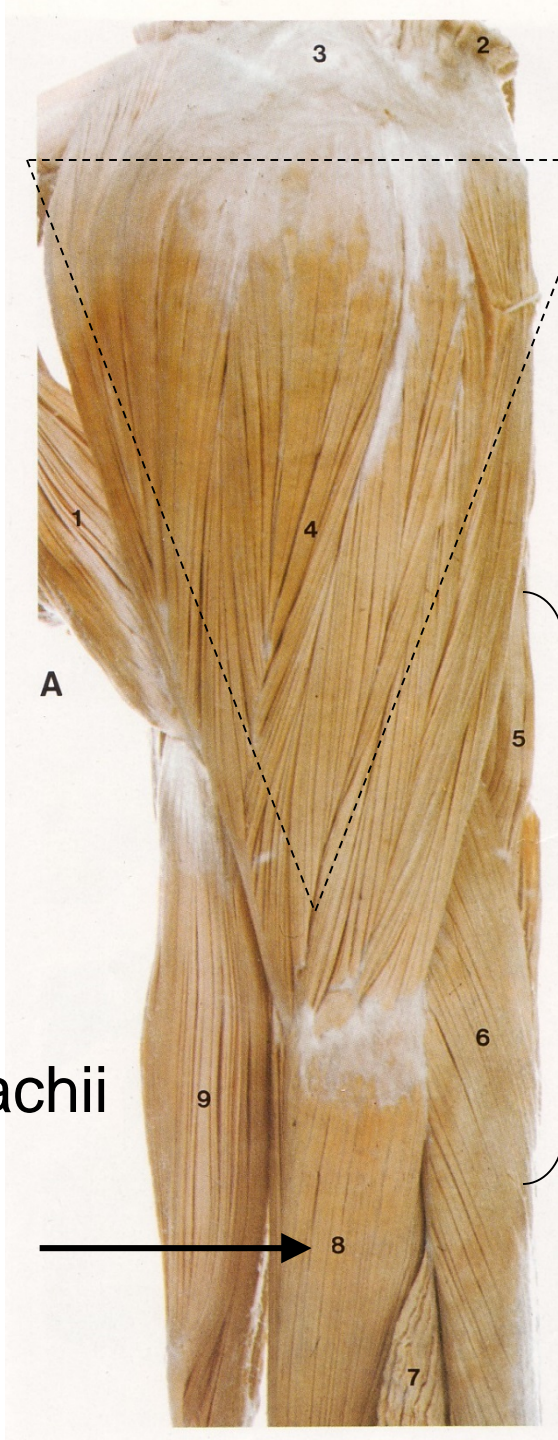
Pectoralis major

Deltoid

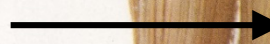
Triceps brachii

Biceps brachii

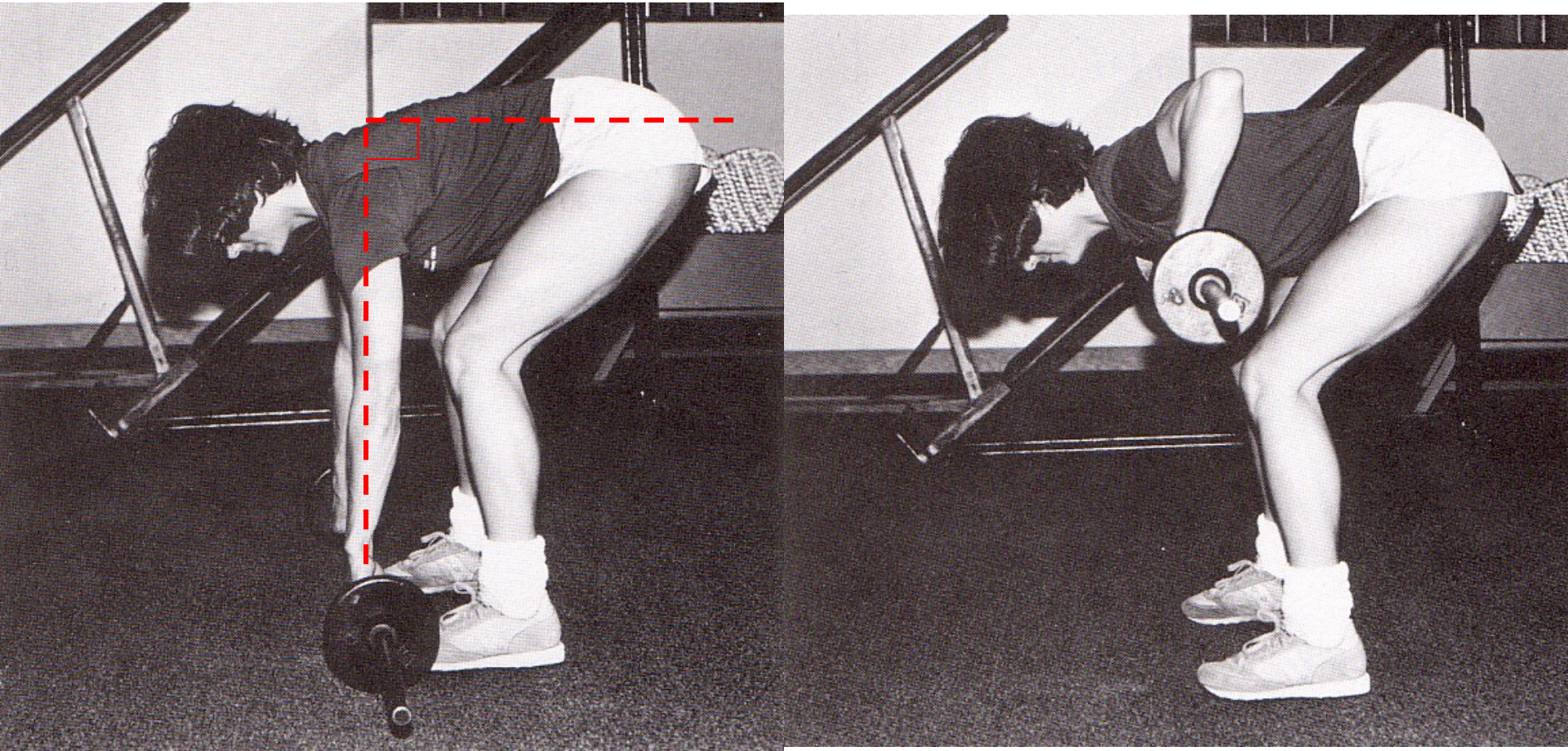
Brachialis



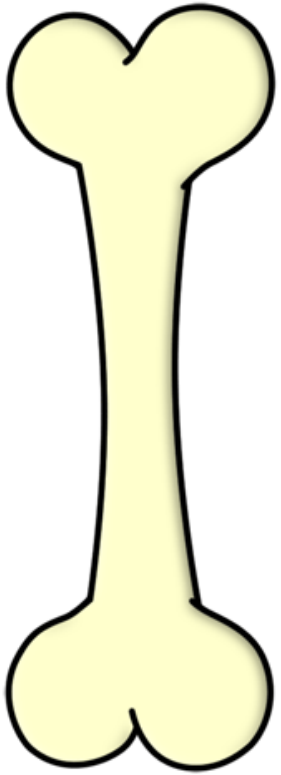
A



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?