

**Course Name : Bachelors of Physical Education**

**Paper No. 1**

**Year : IInd**

**Topic: Marking of bones for insertion and origins of skeletal muscle**

**Topic No : Prac. - 3**

**Paper Name : Kinesiology and Physiology of Exercise**

**Lecture No : 18**

**Title : Marking of Bones for Insertion and Origins of Skeletal Muscle - I**

**F.A.Q**

**1. What are biceps ?**

**Ans :** The biceps is a muscle in the upper arm with two heads, called the short head and the long head, which converge into a single mass. It is one of the three muscles in the anterior compartment of the arm, the others being the brachialis muscle and the coracobrachialis muscle, with which the biceps shares a nerve supply. Both heads of the biceps arise from the scapula in the shoulder, and the muscle attaches to the radius (bone), in the forearm.

**2. What are pectoralis major ?**

**Ans :** The pectoralis major (from Latin: pectus, breast) is a thick, fan-shaped muscle, situated at the chest (anterior) of the human body. It makes up the bulk of the chest muscles in the male and lies under the breast in the female. Underneath the pectoralis major is the pectoralis minor, a thin, triangular muscle.

**3. What is the function of pectoralis major in sports ?**

**Ans :** In sports as well as bodybuilding, the pectoral muscles may colloquially be referred to as "pecs", "pectoral muscle" or "chest muscle". It arises from the anterior surface of the sternal half of the clavicle; from breadth of the half of the anterior surface of the sternum, as low down as the attachment of the cartilage of the sixth or seventh rib; from the cartilages of all the true ribs, with the exception, frequently, of the first or seventh and from the aponeurosis of the abdominal external oblique muscle.

#### **4. What is latissimus dorsi ?**

**Ans :** The latissimus dorsi (plural: latissimi dorsi), meaning 'broadest muscle of the back' (Latin latus meaning 'broad', latissimus meaning 'broadest' and dorsum meaning the back), is the larger, flat, dorso-lateral muscle on the trunk, posterior to the arm, and partly covered by the trapezius on its median dorsal region. Latissimi dorsi are commonly known as "lats", especially among bodybuilders.

#### **5. From where does the lateral head arise ?**

**Ans :** The lateral head arises from the dorsal surface of the humerus, lateral and proximal to the groove of the radial nerve, from the greater tubercle down to the region of the lateral intermuscular septum.