

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

References

The Concise Book of Muscles, Second Edition Paperback – 12 Aug 2008

by **Chris Jarmey** (Author)

<http://corewalking.com/the-origin-and-insertion-of-muscles/>

Links

www.iptaaustralia.com.au/fitness-articles/musculoskeletal.../muscle-locations-movement

<https://www.youtube.com/watch?v=0kT5cUwSnAo>