

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

Summary

Skeletal muscles are attached to bones on each end by tendons. The origin is the fixed attachment, while the insertion moves with contraction. The action, or particular movement of a muscle, can be described relative to the joint or the body part moved. Bone markings are characteristics on the surface of the axial and appendicular bones that indicate attachments, articulations or openings for nerves and blood vessels, explains Boundless. Examples of attachment bone markings include fossa, ramus and condyle.