

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 19

Topic no. : Prac. - 3

Lecture Title : Marking of Bones for Insertion and Origins of Skeletal Muscle - II

F.A.Q

1. What is latissimus dorsi ?

Ans - The latissimus 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.

2. What is triceps brachii muscle ?

Ans - The triceps brachii muscle (Latin for "three-headed muscle of the arm") is the large muscle on the back of the upper limb of many vertebrates. It is the muscle principally responsible for extension of the elbow joint (straightening of the arm).

3. What is Gluteal muscle ?

Ans - The gluteal muscles are a group of three muscles which make up the buttocks: the gluteus maximus, gluteus medius and gluteus minimus. The three muscles originate from the ilium and sacrum and insert on the femur. The functions of the muscles include extension, abduction, external rotation and internal rotation of the hip joint.

4. What is Quadriceps Femoris ?

Ans - The quadriceps femoris (Latin for "four-headed muscle of the femur"), also called simply the quadriceps, quadriceps extensor, or quads, is a large muscle group that includes the four prevailing muscles on the front of the thigh.

5. From where Medial Head arise ?

Ans : The medial head arises proximally from the groove of the radial nerve; from the dorsal (back) surface of the humerus; from the medial intermuscular septum; and its distal part also arises from the lateral intermuscular septum. The medial head is mostly covered by the lateral and long heads, and is only visible distally on the humerus.