

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

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>