

**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**

### **Summary**

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. 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). 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. All four parts of the quadriceps muscle ultimately insert into the tuberosity of the tibia. This is via the patella, where the quadriceps tendon becomes the patellar ligament, which then attaches to the tibia.