

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. Sec - B (1)

Topic Name: Structural Classification of Muscles

Lecture No.: 3

Lecture Title

Structural Classification of Muscles – 1

FAQ's

1. What is Diaphragm?

Ans- It is a dome-shaped, musculofibrous sheet which separates the thoracic from abdominal cavity. Upper aspect is convex and lower is concave one. The muscular fibers may be grouped into 3 parts- sternal, costal and lumbar.

2. What is Biceps brachii ?

It is a large, fusiform muscle in the flexor compartment of upper arm. Short head arises by a thick flattened tendon from apex of coracoid process. Long head starts within fibrous capsule of shoulder joint. Each tendon is elongated muscular belly and the two bellies closely attached.

3. What is Triceps?

It is a large size and arises by three heads long lateral medial. Long head arises from infraglenoid tubercle of scapula. Lateral head arises from shaft of humerus. Medial head is narrow and arises from humerus.

4. What is Psoas major

Ans- It is a long fusiform muscle lateral to the lumbar region of vertebral nerve. It flexes the thigh.

5. What is Inferior extensor retinaculum?

Ans- It is a Y shaped band anterior to the talocrural joint. Its stem is attached to the upper surface of calcaneus