

Course Name: Bachelor of Physical Education

Year - IInd

Paper Name - Kinesiology and Physiology of Exercise

Topic Name - Origin Insertion and Action of The Human Muscles

Topic No. - Section B (2)

Paper No. - Ist

Lecture No. - 5

Lecture Title

Origin Insertion and Action of The Human Muscles

FAQ's

1. What is Sterno clavastoid?

Ans- The sterno clavastoid is a long prominent strap-like muscle passing obliquely upwards across the neck from below upwards. It can easily be felt even in its relaxed state as a fleshy mass at the side of the neck. Its origin is from two tendons- a larger one from the medial one-third of the clavicle, and a smaller from the form of the upper part of the sternum

2. Explain the origin of serratus anterior?

Ans- The serratus anterior takes origin, by several digitations from the outer surfaces of the upper eight (or nine) ribs, and from the fascia covering the intercostals muscles

3. Pectoralis major origin?

Ans- It originates from medial half of the anterior surface of the clavicle, the anterior surface of the sternum, the medial parts of the upper seven costal cartilages, the aponeurosis of the external oblique muscle

4. Latissimus dorsi origin from?

Ans- latissimus dorsi has a long origin from the following: the spines of the lower six thoracic vertebrae and the intervening interspinous ligaments. The lumbar fascia (and thus indirectly from the lumbar and sacral spines. The iliac crest.

5. Origin of Gluteus medius?

Ans- The gluteus medius arises from the outer surface of the ilium. The area of origin is bounded above by the iliac crest. Behind by the posterior gluteal line and in front by the anterior gluteal line