

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

Summary

Every muscle is attached at both ends either to a bone, to a ligament, to fascia or to the skin. The relatively more fixed end of the muscle is known as the origin and the more movable end is called the insertion. The power of any muscle is dependent upon the way in which fibres are arranged in relation to the direction of the muscle pull. If the fibers lie parallel to one another and to the “line of pull” the muscle will not be so powerful as one in which the fibres lie at an angle to the “line of pull” this is because the latter types of muscle can concentrate the action of many fibres on the tendon through which the pull is exerted.