

Muscle Exam

Choose a [body movement](#) and prepare a 5-6 minute presentation describing the movement and the muscles, bones, and other structures involved. Your work will be presented to the class on Wednesday, January 12, during our exam time and will be your exam grade. You will be expected to answer any reasonable questions asked by a classmate or teacher.

You may choose any format to present your work, including but not limited to a slide show, video,* physical demonstration, graphics, your poster, or any combination of methods.

*the video must be created by you unless it is a clip as a small part of your presentation.

This is an individual assignment, although you are welcome to collaborate with others as you find helpful.

Include:

- _____/12 a description/demo of the movement
- _____/12 name and location of all muscles involved
- _____/12 action of each muscle
- _____/12 origin of each muscle
- _____/12 insertion of each muscle

Scoring

- _____/60 All above criteria met
- _____/25 Chart of muscle names, origins, insertions, actions
- _____/5 Appropriate choice and use of presentation media
- _____/5 Information delivered was relevant and interesting
- _____/5 Asked/answered questions from class
- _____/5 BONUS: name any nerves involved and explain their role in the movement.
- _____/ TOTAL SCORE

Hints:

- Practice your presentation at least once, timing it to be sure it is 5-6 minutes long
- You may need to describe bones, tendons, nerves as you describe insertion and origin
- Be sure to ask a question of someone else's presentation