

Muscular system lesson

Learning Goal: The learner will be able to

- identify specific muscles (list to be given)
- explain the structure of a muscle and identify components
- explain the sliding filament model of muscular action
- Explain how the muscular system interacts with the other systems of the body

Textbook resources:

Hole's Anatomy and Physiology: Chapter 8

Miller and Levine Biology: Chapter 32

Online Notes: <https://drive.google.com/file/d/0ByYJ5CQWblW3SkZyT08yVFo1ZG8/view>

Online extra:

<http://www.anatomyarcade.com/games/gamesMuscular.html>

This is a search list from YouTube; Watch a few and share with your classmates about which are good!

https://www.youtube.com/results?search_query=muscular+system+anatomy+and+physiology

Mid-lesson work: Packet to be handed out in class Wednesday, March 1

Project choice:

1. In groups of 2 or 3 choreograph a dance that shows off at least 10 muscles.
 - Identify the muscles using their scientific names
 - Perform for the class
2. Develop a weight training program that serves to strengthen at least 10 muscles.
 - Identify the muscles using their scientific names
 - Describe their location in the body
 - Identify the bones the muscles are attached to
 - Put this all together in a PowerPoint or poster presentation.
3. Write a 3-5 pg. paper (MLA format) detailing a muscular condition or disease.