Study Guide Quiz 5

1. This quiz covers exercises 10 – joints and body movements, 11 – microscopic anatomy of muscles and 12 – gross anatomy of muscles.

Exercise 10

2. # 1, 2, 4, 6, and activity # 5 and 6.

3. **Stability of hip joint** is due to a deep socket and reinforcement due to strong ligaments. These 2 factors restrict the movement of the joint. The shoulder joint has a shallow socket and lesser reinforcement due to ligaments. Therefore shoulder joint is most freely movable joint but is a weaker joint. Muscles have to check unwanted movements especially posterior movements.

Exercise 11

4. # 3, 4, 5, 6, 7 and 8

Exercise 12

5. # 1, 2, 3, 4 and 5

6. Study the study guides on joints and movements, and muscles.

7. Study the text accompanying these exercises to familiarize with all the terms related to topics.

8. I will ask you questions on muscles and movements which I demonstrated to you in class. Some examples include action of biceps brachii and triceps brachii; Quadriceps = rectus femoris muscle in hip and knee joints; sternocleidomastoid muscle in rotation of neck on pivot joint between atlas and axis; rectus abdominis as spine flexor and erector spinae as spine extensors.