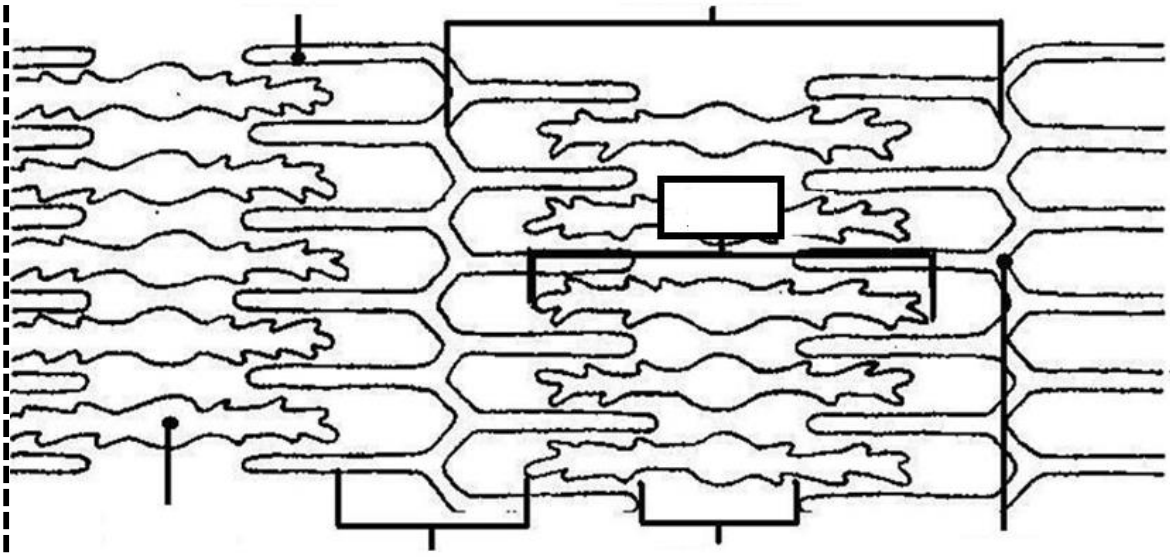
Sarcomere Diagram



Sarcomere:

Actin:

Myosin:

Z Line:

H Zone:

I Band:

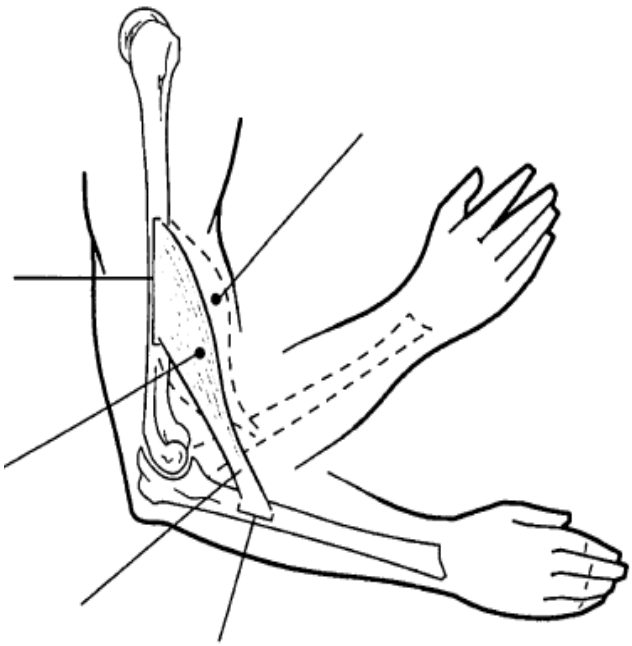
A Band:

Glue Sarcomere Diagram Tab Here

Muscle Contractions

Color code the movable and immovable bones on the diagram. Then, label the remainder of the diagram with the words provided below:

- Movable Bone
- Immovable Bone
- Tendon
- Origin
- Insertion
- Resting Muscle
- Contracting Muscle



Muscle Naming

There are several criteria applied when naming a muscle. These are provided in Column B. Identify which criteria pertain to the muscles listed in Column A, and enter the correct letters on the blank.

Column A	Column B
_____ Gluteus maximus	A. Action of the muscle
_____ Adductor magnus	B. Shape of the muscle
_____ Biceps femoris	C. Location of the muscles origin and/or insertion
_____ Transversus abdominus	D. Number of origins
_____ Extensor carpi ulnaris	E. Location of muscle relation to a bone or body region
_____ Trapezius	F. Direction in which the muscle fibers run relative to some imaginary line.
_____ Rectus femoris	G. Relative size of the muscle
_____ External oblique	