

## HS20-HB1

### **Analyze the anatomy and physiology of a healthy human.**

#### **Indicators for this outcome**

- (b) Describe the anatomy (structure) and physiology (function) of at least five human body systems (i.e., cardiovascular, endocrine, lymphatic, digestive, urinary, muscular, nervous, respiratory, reproductive, integumentary and skeletal).

Three Types of Muscle Tissues:

1. Cardiac
2. Smooth
3. Skeletal

How many Skeletal Muscles?

Longest?

Biggest?

Tiniest?

Explain how muscles pull, never push. Include information on muscle “insertions” and “origins.” Draw a diagram of the upper arm to aid your description.

Explain the concept of Prime Movers and Antagonists as they relate to your muscle movement.

Motor Units? Explain.

How does an individual increase the force of a muscle movement?

Tetanus?

Size Principle of Muscle Recruitment:

Isotonic vs Isometric Contracts: