

Data/Q&A Sheet for Muscle Lab Name: _____

1A. Isometric vs Isotonic Contraction:

a. List the Origin, Insertion and Action for the Biceps brachii

O: _____

I: _____

A: _____

b. Measurement of the length of the Biceps brachii (qualitative data)

At rest: _____

Contracted: _____

Difference: _____

c. List qualitative data:

Rest: _____

During Contraction: _____

Post Exercise: _____

d. Type of contraction _____ in 1A and its definition: _____

2A. Isometric vs Isotonic Contraction cont:

a. Measurement of the length of the Biceps brachii (qualitative data)

At rest: _____

Contracted: _____

Difference: _____

b. List qualitative data:

Rest: _____

During Contraction: _____

Post Exercise: _____

c. Type of contraction _____ in 2A and its definition: _____

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Conclusion to 1A/2A: Write a comparison contrast paragraph using the data (both qualitative and quantitative) and Anatomy and Physiology.

1B The General Activities of Muscle:

- a. Measurement of the circumference of the Biceps brachii (qualitative data)
 - At rest: _____
 - Contracted: _____
 - Difference: _____

- b. List qualitative data:
 - Rest: _____
 - _____
 - _____
 - During Contraction: _____
 - _____
 - _____
 - Post Exercise: _____
 - _____
 - _____

- c. Describe what happened to the paper using anatomy and physiology. Why?
 - _____
 - _____
 - _____
 - _____

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2B General Activities Cont:

a. List the Origin, Insertion and Action for the Gastrocnemius muscle

O: _____

I: _____

A: _____

b. Measurement of the circumference of the Gastrocnemius (plantarflexion)

At rest: _____

Contracted: _____

Difference: _____

c. Measurement of the circumference of the Gastrocnemius (dorsiflexion)

At rest: _____

Contracted: _____

Difference: _____

d. List the Origin, Insertion and Action for 1st anterior muscles of lower leg

N: _____

O: _____

I: _____

A: _____

e. List the Origin, Insertion and Action for a 2nd anterior leg muscle

N: _____

O: _____

I: _____

A: _____

f. Describe the relationship between 2A and 2B measurements using anatomy and physiology. Why is there a difference?

3 Muscle Fatigue:

a. List the Origin, Insertion and Action for 1st abduction muscle for arm

N: _____

O: _____

I: _____

A: _____

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b. List the Origin, Insertion and Action for 2nd abduction muscle of the arm

N: _____
O: _____
I: _____
A: _____

c. List qualitative data (qualitative data):

Rest: _____

During Exercise: _____

Post Exercise: _____

d. Number of lifts per 30 seconds (quantitative data):

30: _____
60: _____
90: _____
120: _____
150: _____
180: _____

e. Make a computer generated line graph of the data to best represent the exercise and attach to this answer document.

4. The effect of temperature on muscle contraction:

a. List the Origin, Insertion and Action for 1st writing muscle

N: _____
O: _____
I: _____
A: _____

b. List the Origin, Insertion and Action for the 2nd writing muscle

N: _____
O: _____
I: _____
A: _____

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c. List the Origin, Insertion and Action for 3rd writing muscle

N: _____

O: _____

I: _____

A: _____

d. Write your full name in cursive 3 times prior to activity

1: _____

2: _____

3: _____

e. Write your full name in cursive 3 times post activity

1: _____

2: _____

3: _____

f. Write your full name in cursive 3 times after warming from activity

1: _____

2: _____

3: _____

g. List qualitative data: BE DETAILED!!!

Prior: _____

During activity: _____

Post activity: _____
