

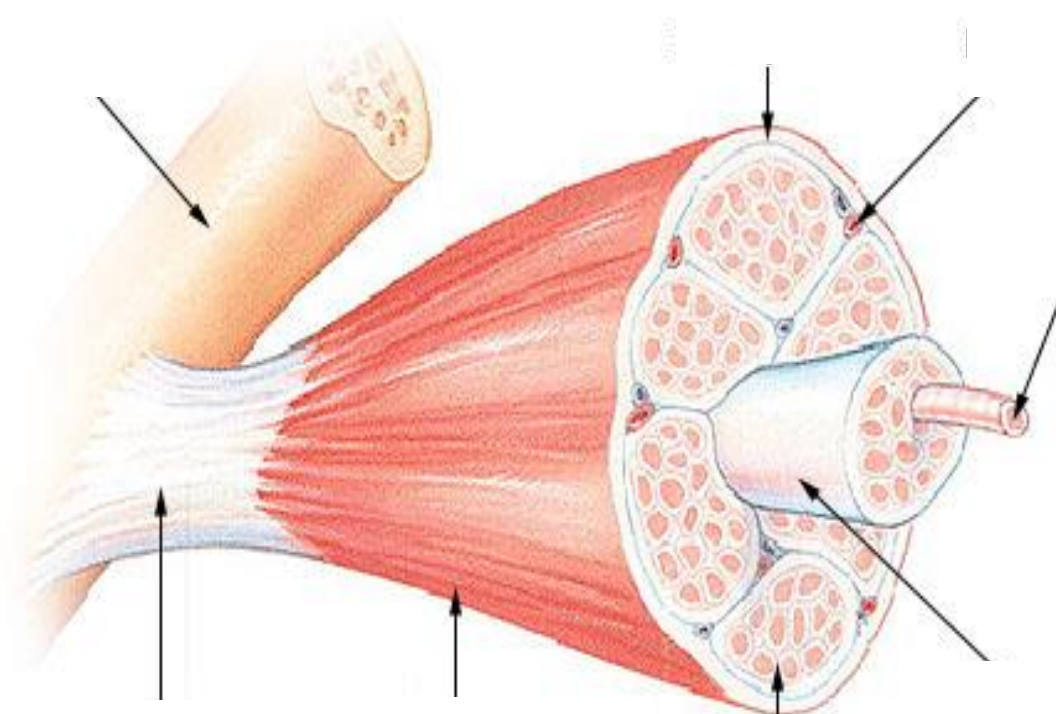
Unit 1.2 The muscular system	
<b>Key learning intention (KLI)</b>	To understand the structure, function and classification of muscles with focus on the skeletal muscles.
<b>Success criteria</b>	Using my knowledge of origins and insertions I can explain which muscles are responsible for the main movements of a sport of my choice.
<b>Resources</b>	p13-25
<b>Key words</b>	Smooth, cardiac, skeletal, epimysium, perimysium, endomysium, actin, myosin, myofibril, muscle fibre, sarcomere, origin, insertion, elasticity, contractility, hypertrophy, atrophy,

## 1.2.2. Distinguish between the different types of muscle

Type of muscle	Description	Example
Smooth		
Cardiac		
skeletal		

## 1.2.3. Annotate the structure of skeletal muscle

### Structure of a Skeletal Muscle



Component      Description

Epimysium

Perimysium

Endomysium

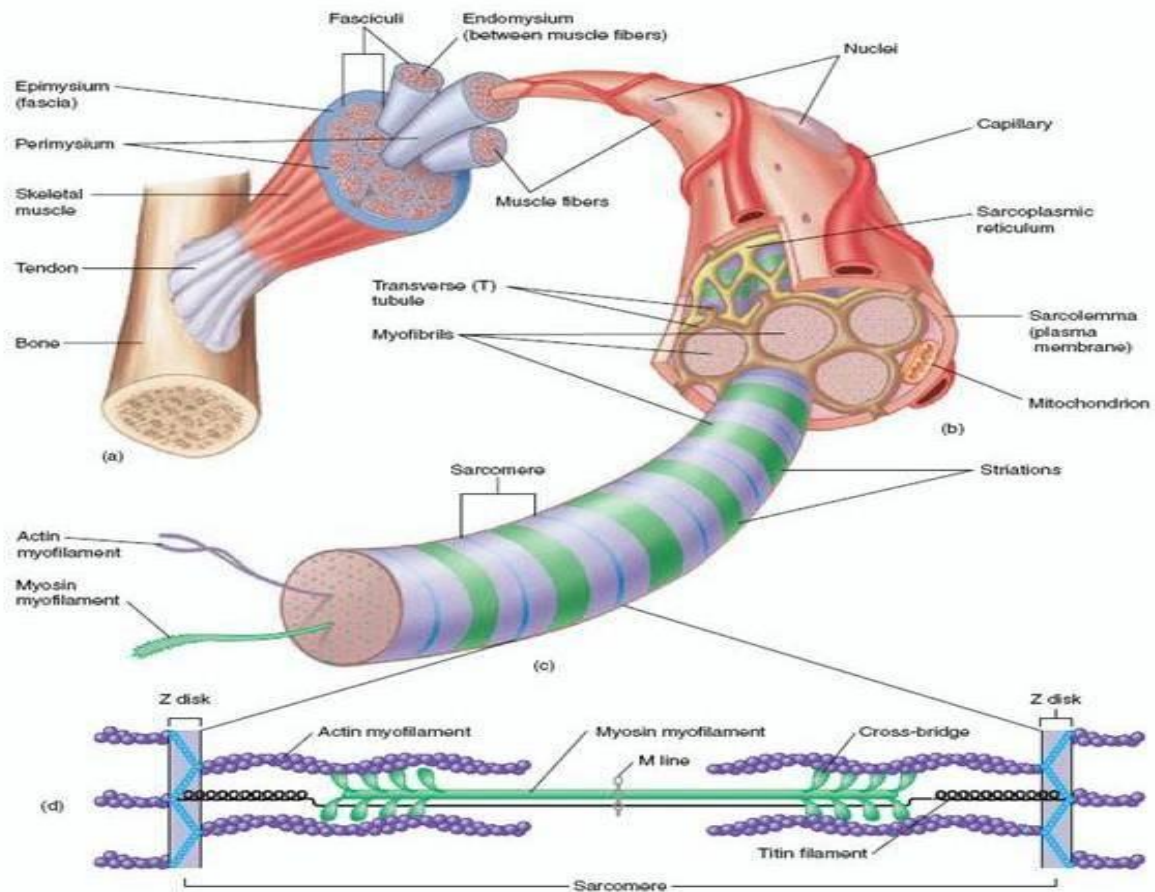
Muscle fiber

Myofibril

Sarcomere

Actin

Myosin


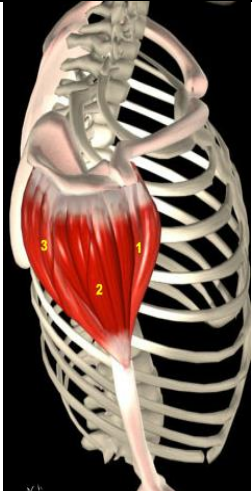

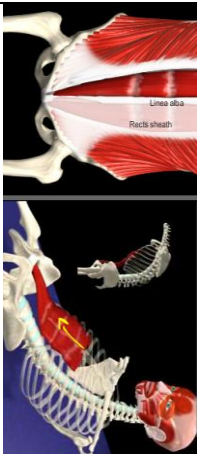



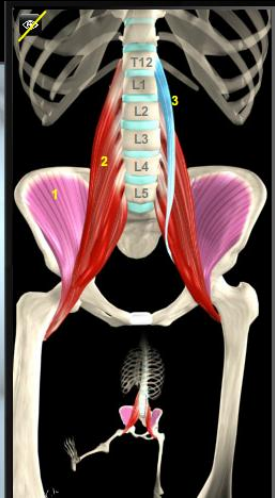
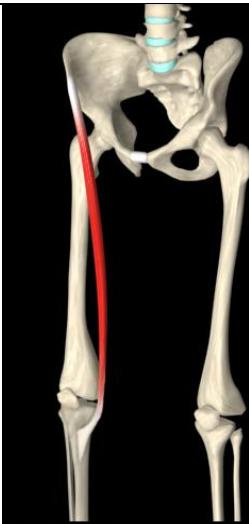
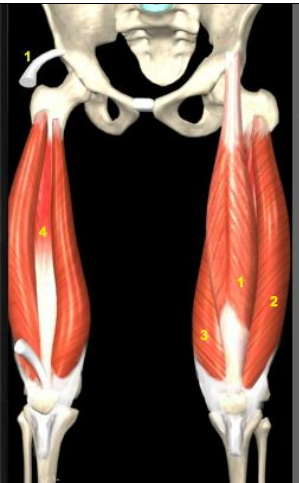

## 1.2.4. Define the terms origin and insertion with examples

Origin	
insertion	




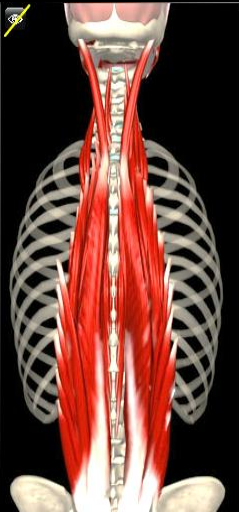
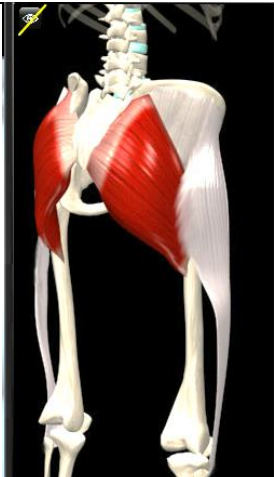
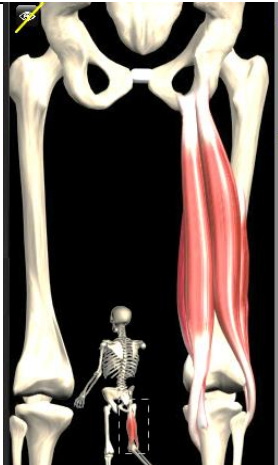
## 1.2.5. Identify the location of skeletal muscle in various regions of the body

### ANTERIOR

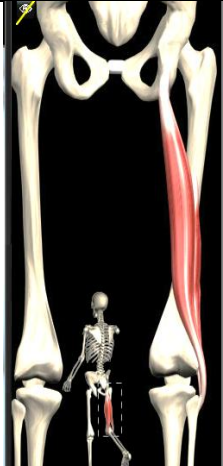


Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements
Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements

Muscle:	Origin	Muscle:	Origin
	<p>Insertion</p> <p>Movements</p>		<p>Insertion</p> <p>Movements</p>
Muscle:	Origin	Muscle:	Origin
	<p>Insertion</p> <p>Movements</p>		<p>Insertion</p> <p>Movements</p>
Muscle:	Origin	Muscle:	Origin
	<p>Insertion</p> <p>Movements</p>		<p>Insertion</p> <p>Movements</p>

## POSTERIOR

Muscle:	Origin	Muscle:	Origin
			
	Insertion		Insertion
	Movements		Movements
			
	Insertion		Insertion
	Movements		Movements
			
	Insertion		Insertion
	Movements		Movements



<b>Muscle:</b>	<b>Origin</b>	<b>Muscle:</b>	<b>Origin</b>
			
	<b>Insertion</b>		<b>Insertion</b>
	<b>Movements</b>		<b>Movements</b>
<b>Muscle:</b>	<b>Origin</b>	<b>Muscle:</b>	<b>Origin</b>
			
	<b>Insertion</b>		<b>Insertion</b>
	<b>Movements</b>		<b>Movements</b>

### 1.2.1. Outline the general characteristics common to muscle tissue

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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You have finished unit 1.2. You should now be able to achieve the success criteria above.

How about some quick revision before you complete the end of unit assessment.

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