

THE MUSCLES

Muscles are the special tissues that let you move your body. They work by getting shorter and longer. When you lift your arms, your muscles get shorter and pull your arms up. When you relax, they get longer and pull your arms down.



MUSCLES WORK IN PAIRS

Your muscles usually work in pairs. When you lift your arms, your biceps get shorter and pull your arms up. When you relax, your triceps get longer and pull your arms down.



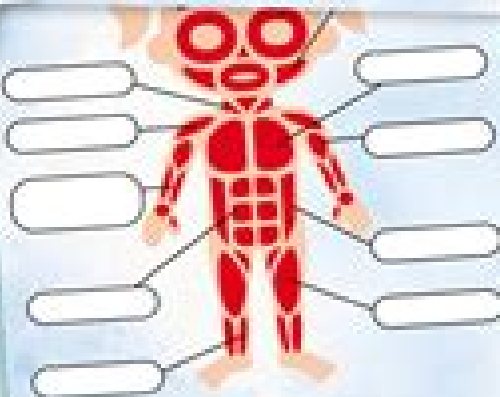
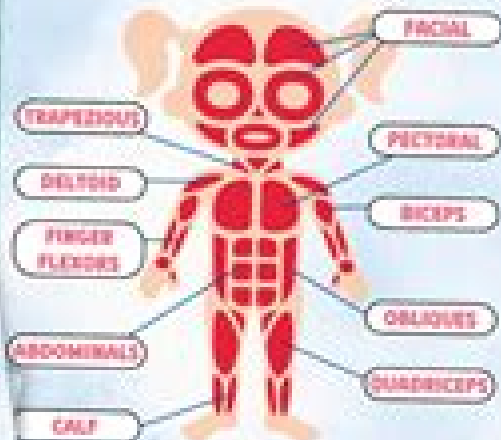
MUSCLE RELAXATION

When the muscles are relaxed, they are longer. When you lift your arms, the biceps get shorter and pull your arms up. When you relax, the triceps get longer and pull your arms down.

Remember that you can't lift your arms without your muscles. They work by getting shorter and longer. When you lift your arms, your muscles get shorter and pull your arms up. When you relax, they get longer and pull your arms down.



THE MUSCLES



- TRAPEZIUS
- DELTOID
- QUADRICEPS
- ABDOMINALS
- CALF
- BICEPS
- PECTORAL
- FACIAL
- OBLIQUES

THE MUSCLES

Draw a line to match the muscle using a different color for each one.



- oblique
- trapezius
- finger flexors
- pectoral
- biceps
- quadriceps

MUSCLES AND THE EYES

Your eyes are like cameras that let you see the world around you. They have muscles that let you move them in different directions. These muscles are called extraocular muscles.

There are six muscles attached to each eye that move it in different directions. They are called the extraocular muscles. They are the muscles that let you move your eyes in different directions.

The muscles that move your eyes are called extraocular muscles. They are the muscles that let you move your eyes in different directions.



These muscles move your eyes in different directions. They are the muscles that let you move your eyes in different directions.

Remember that your eyes are like cameras. They have muscles that let you move them in different directions. These muscles are called extraocular muscles. They are the muscles that let you move your eyes in different directions.



MUSCULAR SYSTEM



Muscular System Curriculum

DR. V. MURUGUVALAVAN



Muscular System Curriculum:

Multiple Muscle Systems Jack M. Winters, Savio L-Y. Woo, 2012-12-06 The picture on the front cover of this book depicts a young man pulling a fishnet a task of practical relevance for many centuries It is a complex task involving load transmission throughout the body intricate balance and eye head hand coordination The quest toward understanding how we perform such tasks with skill and grace often in the presence of unpredictable perturbations has a long history However despite a history of magnificent sculptures and drawings of the human body which vividly depict muscle activity and interaction until more recent times our state of knowledge of human movement was rather primitive During the past century this has changed we now have developed a considerable database regarding the composition and basic properties of muscle and nerve tissue and the basic causal relations between neural function and biomechanical movement Over the last few decades we have also seen an increased appreciation of the importance of musculoskeletal biomechanics the neuromotor system must control movement within a world governed by mechanical laws We have now collected quantitative data for a wealth of human movements Our capacity to understand the data we collect has been enhanced by our continually evolving modeling capabilities and by the availability of computational power What have we learned This book is designed to help synthesize our current knowledge regarding the role of muscles in human movement The study of human movement is not a mature discipline

Understanding Anatomy, Physiology and Health Education Dr. D. Sandhia, 2024-12-18

Understanding Anatomy Physiology and Health Education is a comprehensive guide that bridges the gap between theoretical knowledge and practical health education It covers the anatomy and physiology of key bodily systems including the skeletal muscular circulatory respiratory digestive nervous endocrine urinary and reproductive systems Each chapter is meticulously crafted with clear learning objectives ensuring a focused and structured reading experience Beyond anatomy and physiology the book delves into health education topics such as hygiene nutrition physical activity and first aid This interdisciplinary approach equips readers with a well rounded understanding of human biology and the strategies to promote health and prevent disease Special attention is given to homeostasis and the interdependence of bodily systems providing a deeper appreciation of the human body's complexity and resilience This text is ideal for students in the medical paramedical and allied health sciences as well as educators and health professionals The inclusion of up to date scientific concepts and health education strategies makes it a practical tool for fostering a healthier and more informed society Whether for academic purposes or professional development this book is an essential resource for those passionate about understanding and improving human health

Teaching Dance as Art in Education Brenda Pugh McCutchen, 2006 Brenda McCutchen

provides an integrated approach to dance education using four cornerstones dancing and performing creating and composing historical and cultural inquiry and analysing and critiquing She also illustrates the main developmental aspects of dance

Health and Fitness Education Amal C Bose, 2021-09-26 Health and fitness are the integral part of human life Recently

university of Kerala Trivandrum introduced a new syllabus for physical education to the students who opt this as their open course in fifth semester The main intention behind the initiation of the new syllabus to enhance knowledge of the students The book titled Health and Fitness Education is thoroughly based on the syllabus prescribed for the open course Every topics are clearly explained in this book so it is easy to learn and understand

Anatomy and Physiology for Physical Education DR. V. MURUGUVALAVAN, 2021-06-28 Study of anatomy and physiology plays very important role in the field of sports because of following reasons Helps in physical fitness Strong and fit body is an inevitable asset in the field of sports Study of anatomy and physiology helps a sport person to understand the structure and function of different parts of human body and to acquire a fit and healthy body Provides knowledge about body structure On the basis of knowledge of body structure a sport person knows about the strength and weakness of his body and accordingly they can develop forte in the field of game which is suitable for the sport person as per their body structure Helps in selection of games On the basis of knowledge of body structure the coach and player can choose an appropriate sport game which is suitable for a particular sport Like tall students can be selected for basketball and volleyball And short and stout students can be selected for weight lifting Protects from sports injuries On the basis of anatomy sports equipment are designed that help in safe play Helps in the process of rehabilitation Knowledge of ligaments tendons and muscles helps in rehabilitation from the injuries sustained during the game or sport Helps in maintaining healthy body Study of anatomy and physiology provides detailed knowledge about all body parts their nature and functions This helps the player to adopt good safe and healthy use of body Helps to know about individual differences There is a lot of difference between the body of male and female The knowledge of anatomy and physiology helps in understanding these individual differences On the basis of these differences the size of the court time of game and equipment are designed differently for male and female players

The Spiritual Ground of Education Rudolf Steiner, 2004-12 Through the introduction by Michael Howard and Steiner's ten lectures this volume offers an account of the sources and purposes of art as well as a particularly helpful approach to art as a spiritual practice So far from being dated Steiner's account of art and its relation to spiritual experience is at least contemporary and probably ahead of its time As this book ably shows Steiner's insights concerning art particularly when approached and practiced as a spiritual activity might be exactly what art artists and contemporary culture urgently need Robert McDermott from the foreword Seeing his task as the renewal of the lost unity of science art and religion Rudolf Steiner created in the worldview he called Anthroposophy a new cognitive scientific and religious art the implications of which recognized by such divergent artists as Wassily Kandinsky and Joseph Beuys are only now becoming fully apparent Art as Spiritual Activity includes a comprehensive thought provoking introduction of more than a hundred pages by Michael Howard who writes The most fundamental issue for arts today is the spiritual foundation of arts Steiner demonstrates that our individual creative activity is not solely a personal affair Our creations do not originate out of nowhere nor solely out of ourselves but from an objective

world of spirit with which we are intimately related in the depths of our being He shows that our creations have significance beyond ourselves and beyond the recognition they receive works of art are vehicles of spiritual qualities In bringing these spiritual qualities into the sphere of human life the artist becomes responsible for the spiritual effects the work of art has on the artist other people and ultimately on human evolution Art as Spiritual Activity introduces a new way of thinking about looking at and creating art

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