

## Muscles - Physical Education Health

1) Please identify the Muscles being stretched in the following stretches:

a) Lunge stretch

*Quads but also works the **gluteus maximus**, and **gastrocnemius***

b) Flamingo stretch

*Quadriceps and abdominals*

c) Butterfly Stretch

*Hip adductors and secondary muscles such as **hamstrings** and **quads***

2) Why is it important to warm up before stretching? Why do we do jumping jacks before we stretch?

*When **muscles** have the opportunity to prepare for an upcoming physical activity they **are able to loosen up and blood flow is increased**. During this time runners are able to “warn” their body that exercise is about to take place.*

3) What is a Ligament?

*a short band of tough, flexible, tissue that connects two bones or cartilages or holds together a joint*

4) What is a Tendon?

*a flexible but inelastic cord of strong fibrous tissue attaching a muscle to a bone*

5) What is a muscle Strain?

*Muscle strain refers to damage to a muscle or its attaching tendons*

6) What muscles are part of the “core”?

*Abdominals*

7) What muscles are used during Push-Ups?

*Pectoralis Major, deltoid, biceps brachii, triceps brachii*

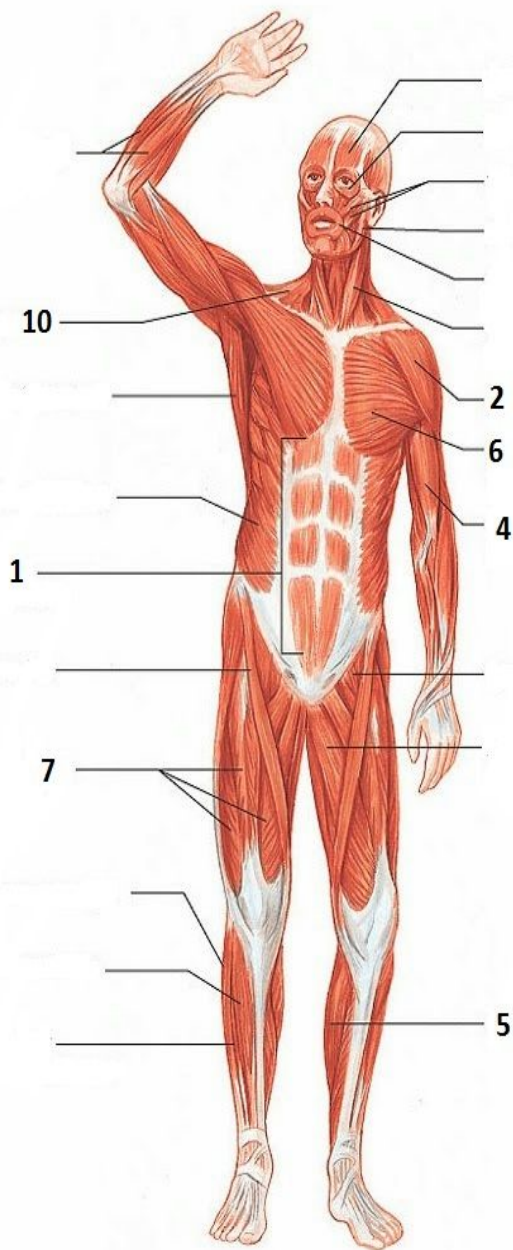
8) What muscles are used during Sit-Ups?

*Abdominals*

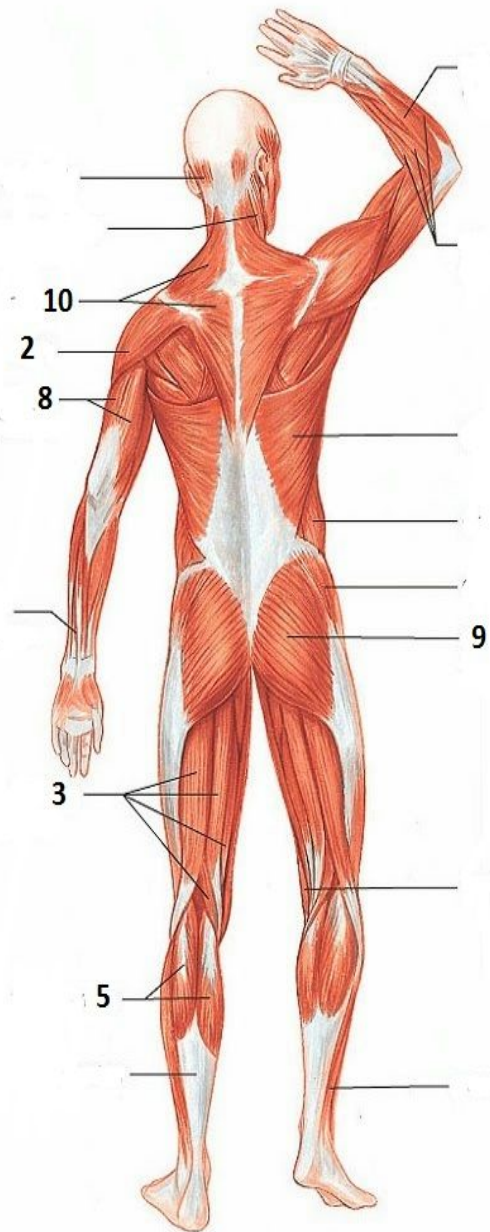
9) Please Identify the location of the following muscles on the diagram by labeling 1-10 on the correct muscle:

- 6 Pectoralis Major
- 4 Biceps brachii
- 8 Triceps brachii
- 1 Abdominals
- 10 Trapezius

- 2 Deltoid
- 3 Hamstring
- 7 Quadriceps
- 5 Gastrocnemius
- 9 Gluteus Maximus



a. Anterior view



b. Posterior view