

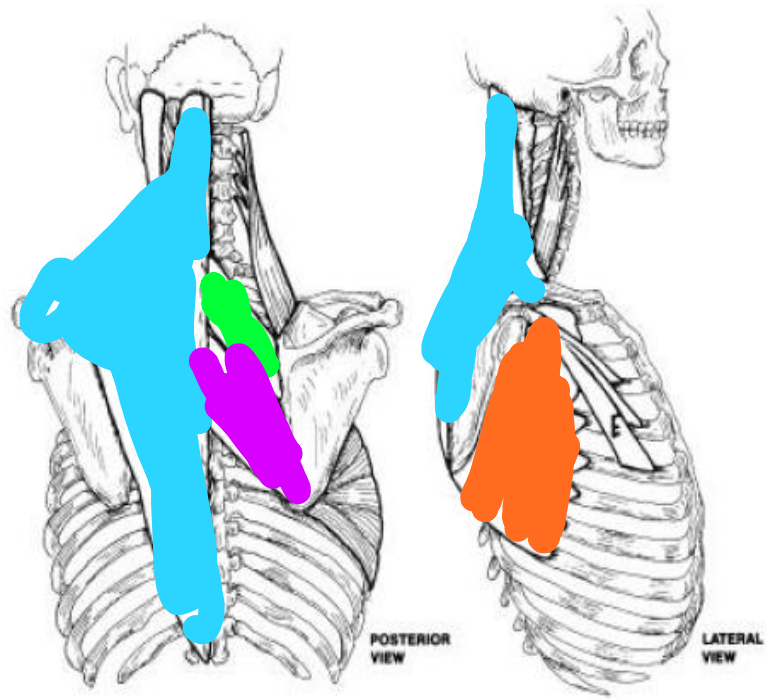
6.9 Evaluation

- ☐ Frontalis
- ☐ Orbicularis oculi
- ☐ Orbicularis oris
- ☐ Platysma

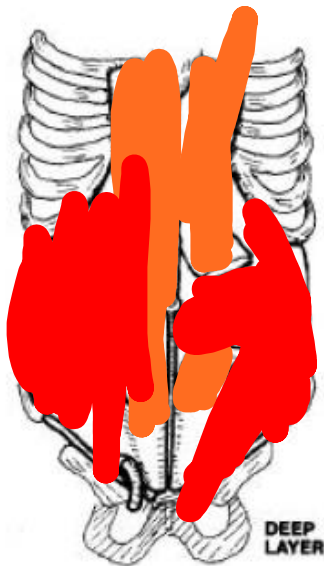
- ☐ Temporalis
- ☐ Occipitalis
- ☐ Masseter
- ☐ Sternocleidomastoid
- ☐ Trapezius



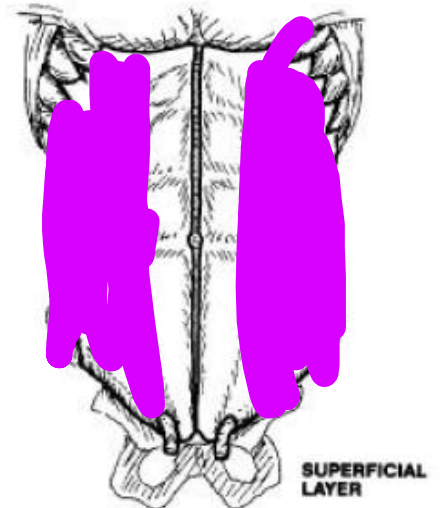
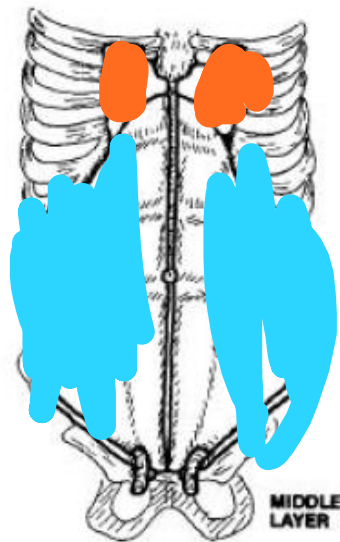
- ☐ Trapezius
- ☐ Rhomboid minor
- ☐ Rhomboid major
- ☐ Serratus anterior
- ☐ Pectoralis minor



- ☐ External oblique
- ☐ Internal oblique



- ☐ Transverse abdominis
- ☐ Rectus abdominis



☐ Pectoralis major

☐ Deltoid

☐ Trapezius

☐ Biceps brachii

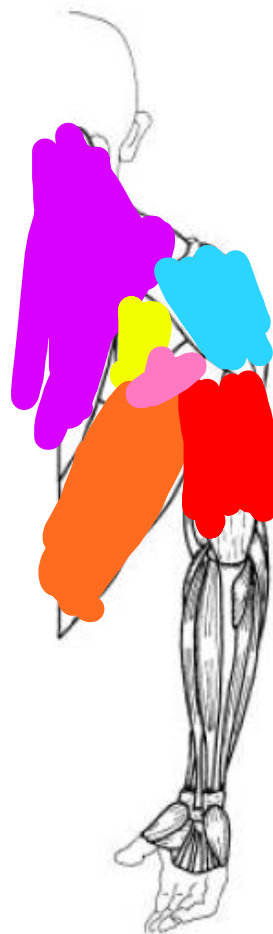
☐ Triceps brachii

☐ Latissimus dorsi

☐ Infraspinatus

☐ Teres major

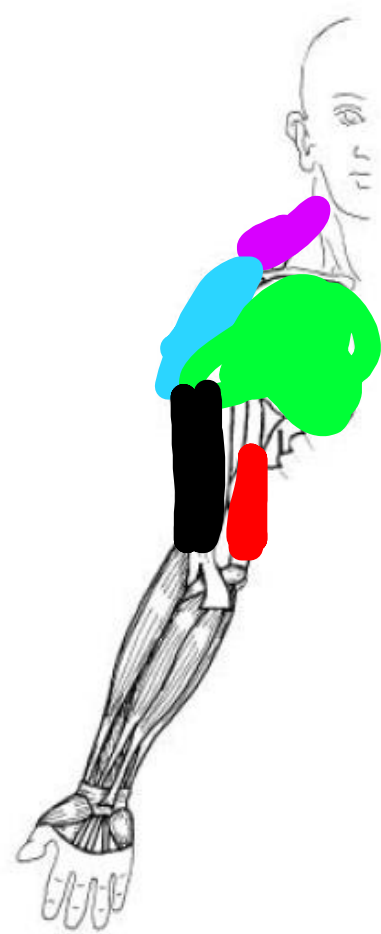
☐ Serratus anterior



POSTERIOR VIEW
Forearm pronated

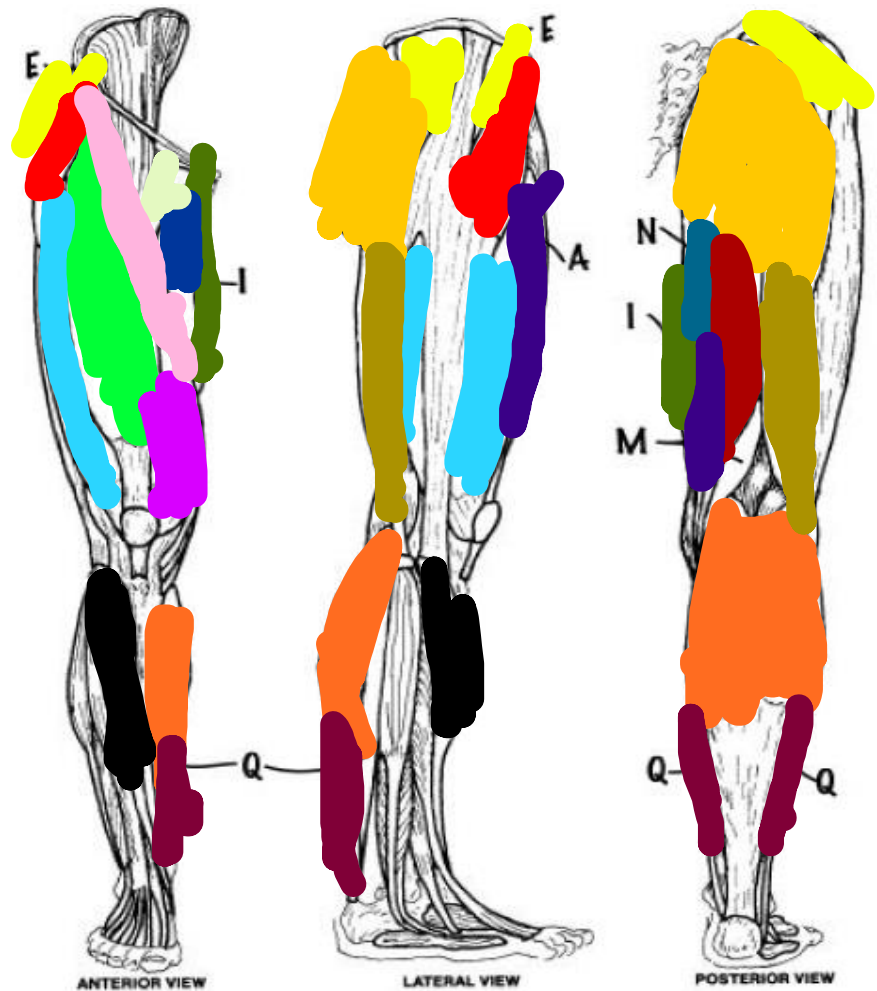


LATERAL VIEW
Forearm neutral



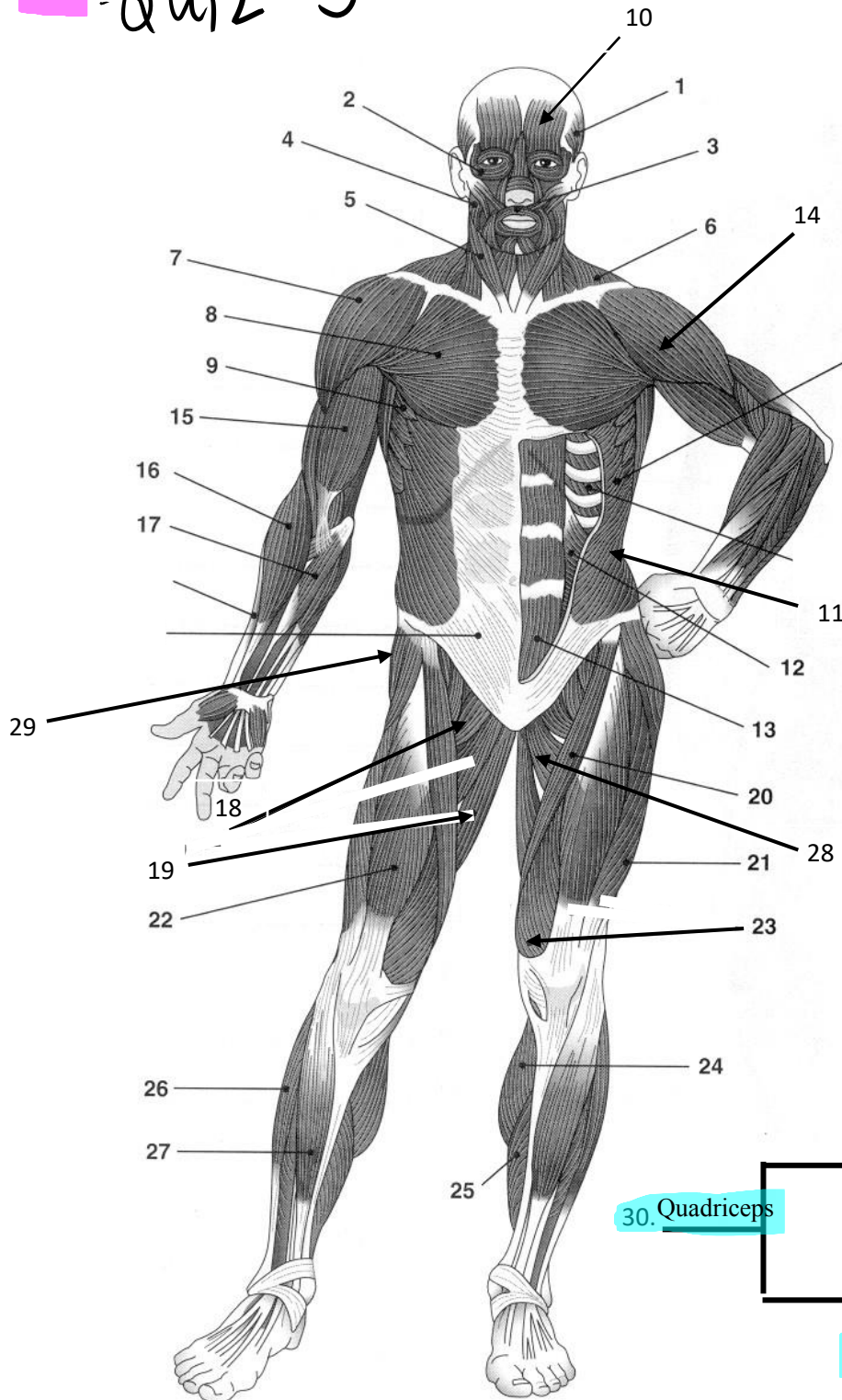
ANTERIOR VIEW
Arm rotated laterally
forearm supinated (anatomical position)

- ☐ Rectus femoris
- ☐ Vastus lateralis
- ☐ Vastus medialis
- ☐ Gluteus maximus
- ☐ Gluteus medius
- ☐ Tensor fascia latae
- ☐ Pectineus
- ☐ Adductor longus
- ☐ Gracilis
- ☐ Sartorius
- ☐ Biceps femoris
- ☐ Semitendinosus
- ☐ Semimembranosus
- ☐ Adductor magnus
- ☐ Gastrocnemius
- ☐ Tibialis anterior
- ☐ Soleus



■ - Quiz 1
■ - Quiz 2
■ - Quiz 3

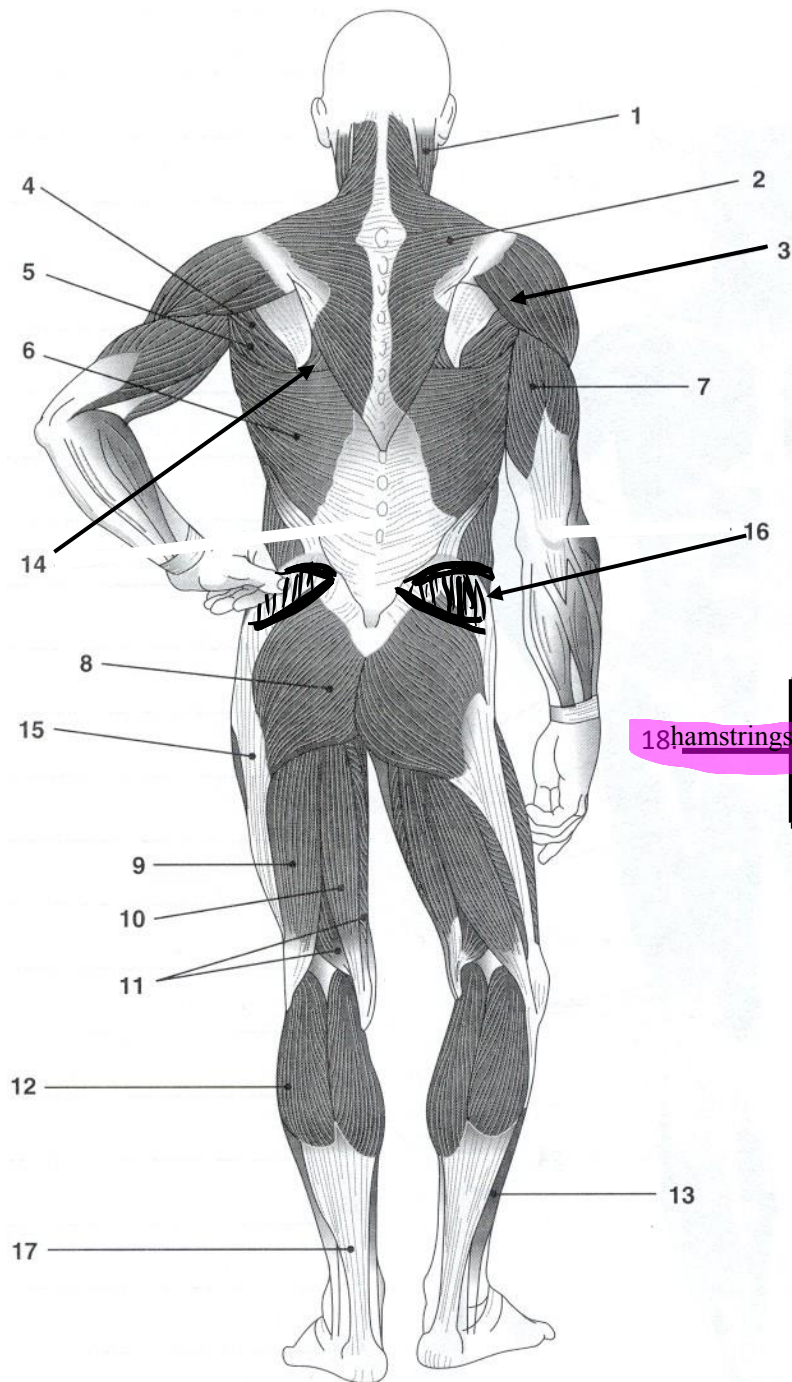
Christopher Perez-Barragon



Superficial muscles, anterior view

1. temporalis
2. orbicularis oculi
3. orbicularis oris
4. massete
5. sternocleidomastoid
6. trapezius
7. Medial deltoid
8. pectoralis major
9. serratus anterior
10. frontalis
11. external obliques
12. internal obliques
13. rectus abdominus
14. anterior deltoid
15. biceps brachii
16. brachio radialis
17. flexercarpiradialis
18. adductor longus
19. gracilis
20. Sartorius
21. vastus lateralis
22. rectus femorus
23. vastus medialis
24. Gastrocnemius
25. soleus
26. peroneus longus
27. tibialis anterior
28. adductor magnus
29. tensor fascialatae

30. Quadriceps



Superficial muscles, posterior view

1. Sternocleidomastoid

2. Trapezius

3. Posterior deltoid

4. teres minor

5. teres major

6. latissimus dorsi

7. triceps brachii

8. gluteus maximus

9. Biceps femorus

10. semi tendonosis

11. semi membranosis

12. gastrucnemius

13. soleus

14. rhomboid major

15. iliotibial band

16. Achhilles tendon

17. hamstrings

18 hamstrings

Results

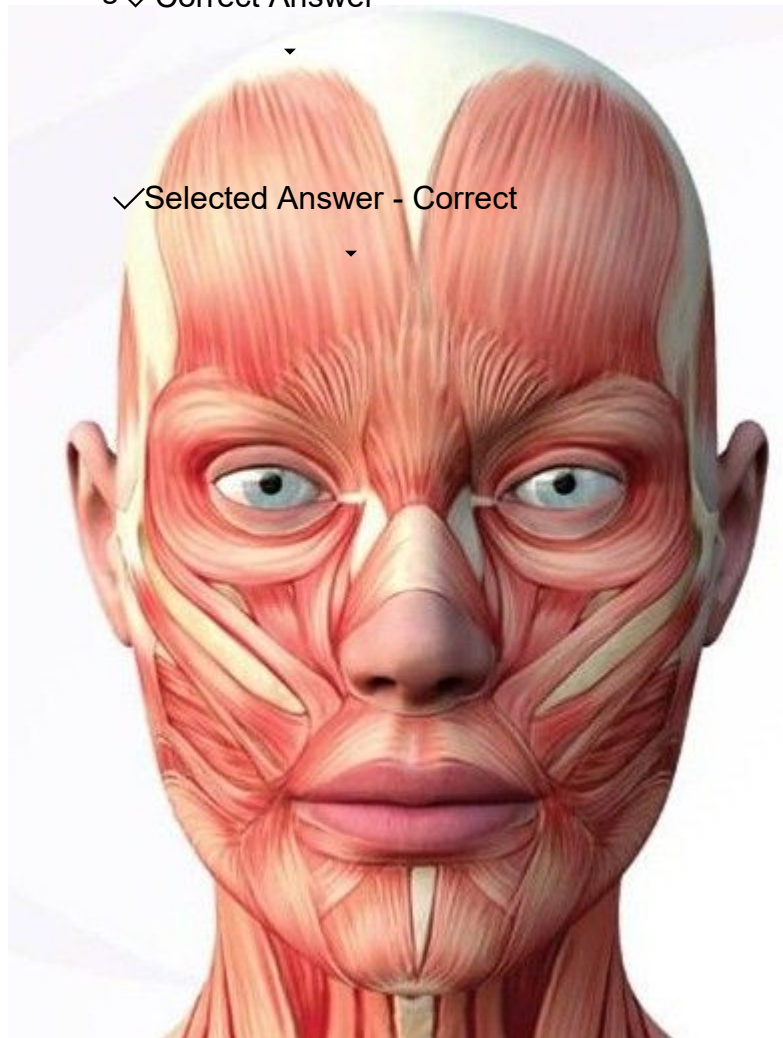
93.75%
Score

15
Out of 16 points

06:27
Time for this attempt

11 / 1 point

Click on the patient's right frontalis.
✓ Correct Answer



Regrade

1

◇ / 1 point

21 / 1 point

Click on the right biceps brachii.

✓ Correct Answer

✓ Selected Answer - Correct



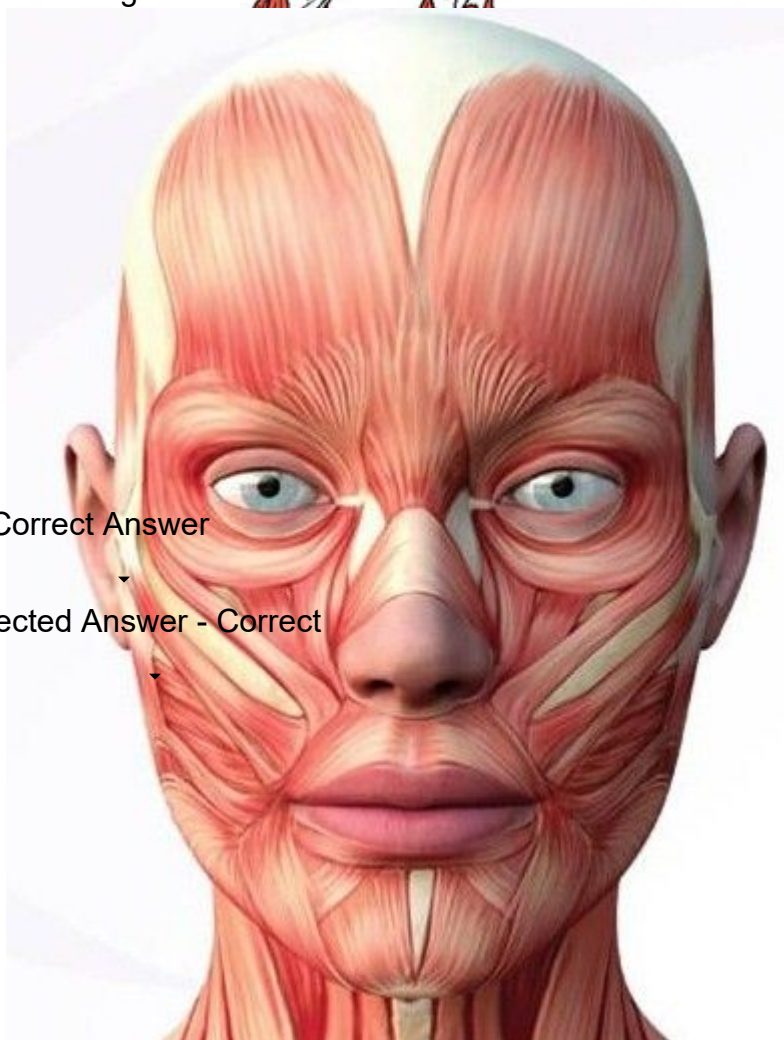
Regrade

1

◇ / 1 point

31 / 1 point

Click anywhere on the rigl



✓Correct Answer

✓Selected Answer - Correct



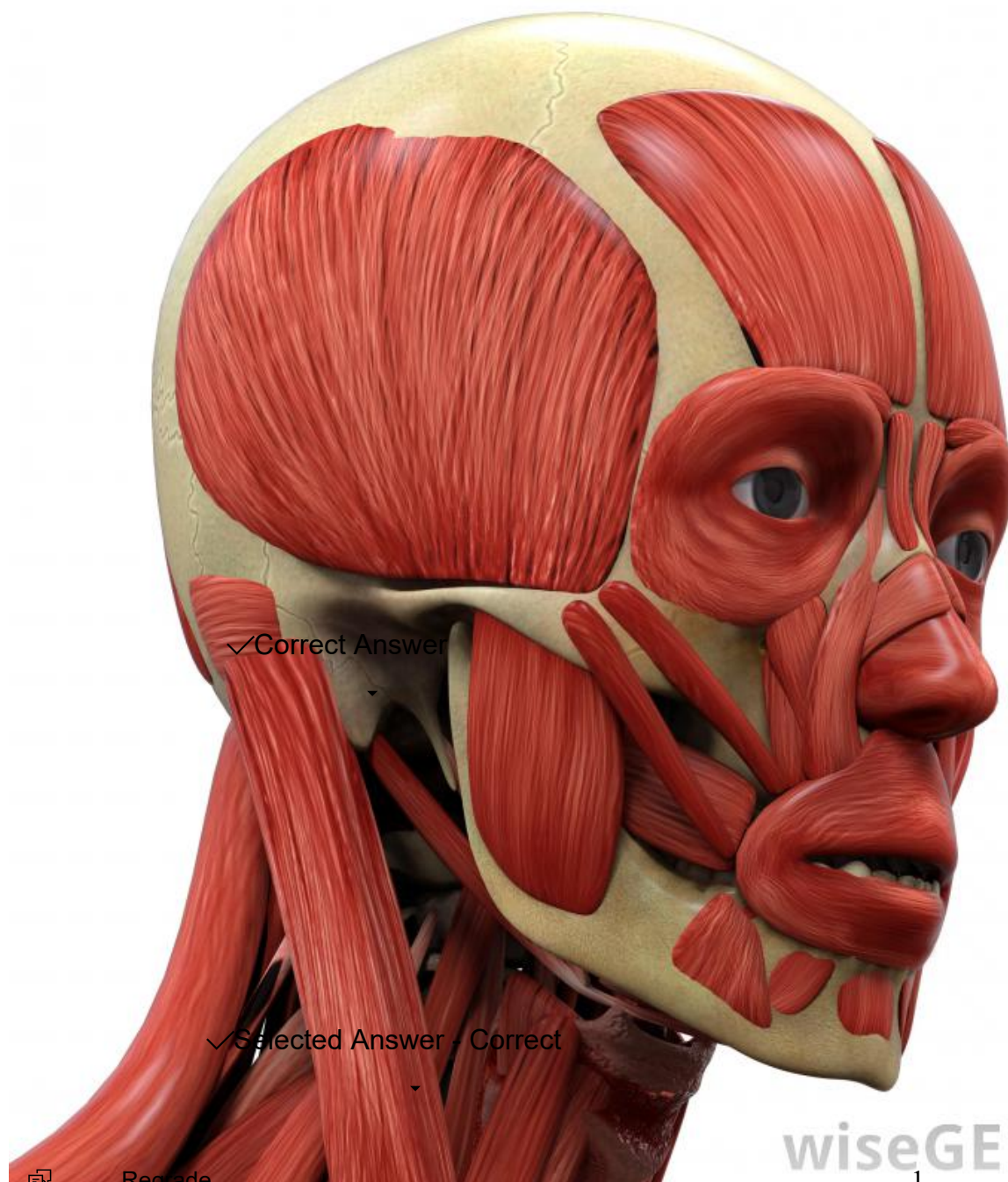
Regrade

1

◇ / 1 point

41 / 1 point

Click on the sternocleidiomastoid.



✓Correct Answer

✓Selected Answer - Correct



Regrade

wiseGEEK

1



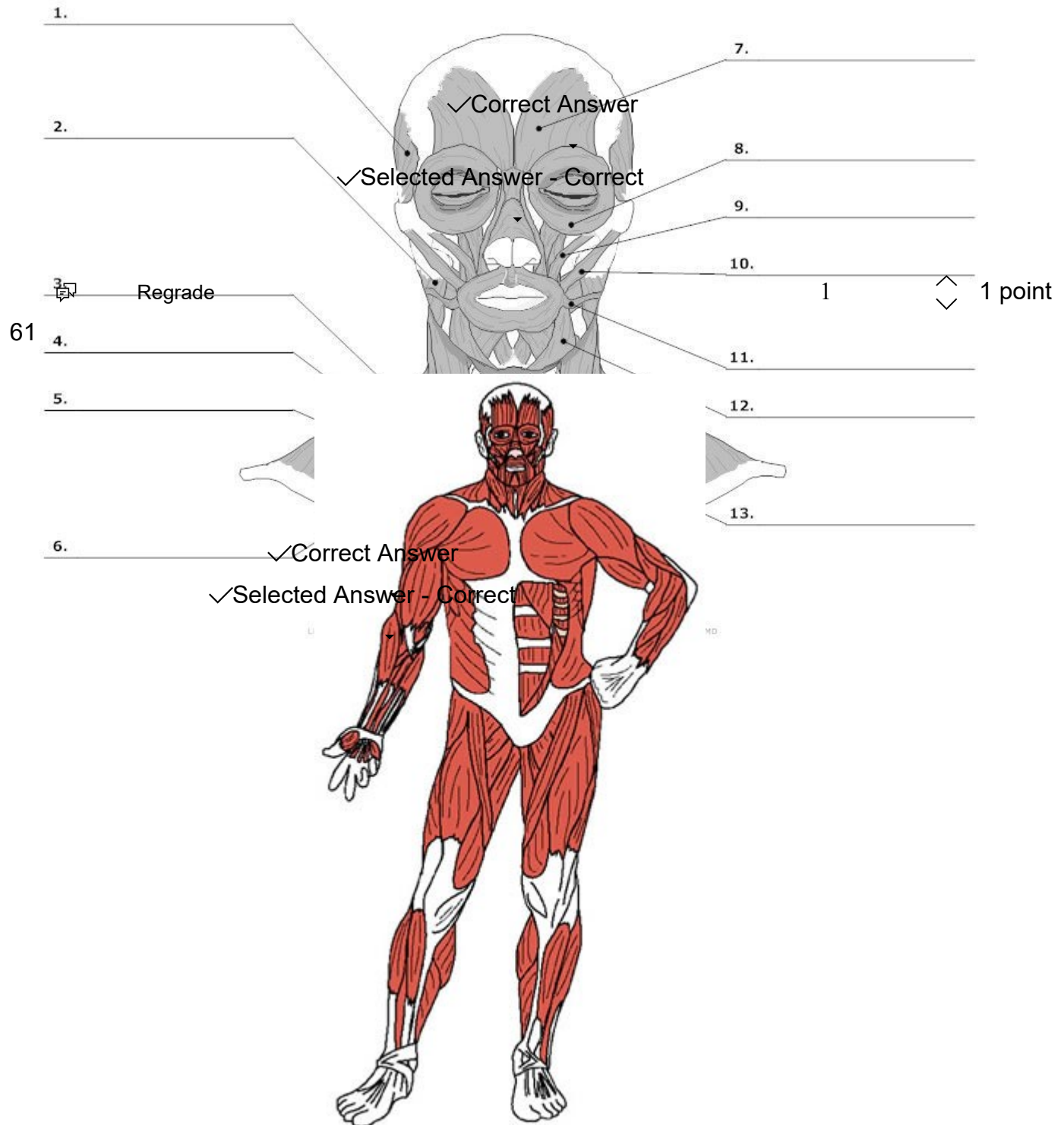
, 1 point

51 / 1 point

Click on the right trapezius muscle.

Superficial and Deep Muscles of the Head and Neck

Anterior View



Regrade

1

/ 1 point

71 / 1 point

Click on the left medial deltoid.

✓Correct Answer
✓Selected Answer - Correct



Regrade

81 / 1 point

Click on the internal obliq

1

◇ / 1 point



✓ Correct Answer
✓ Selected Answer - Correct



Regrade

1

◇ / 1 point

91 / 1 point

Click on the left external obliques.



Regrade

1

◇ / 1 point

101 / 1 point

Click on the left temporalis.

✓Correct Answer

✓Selected Answer - Correct



Regrade

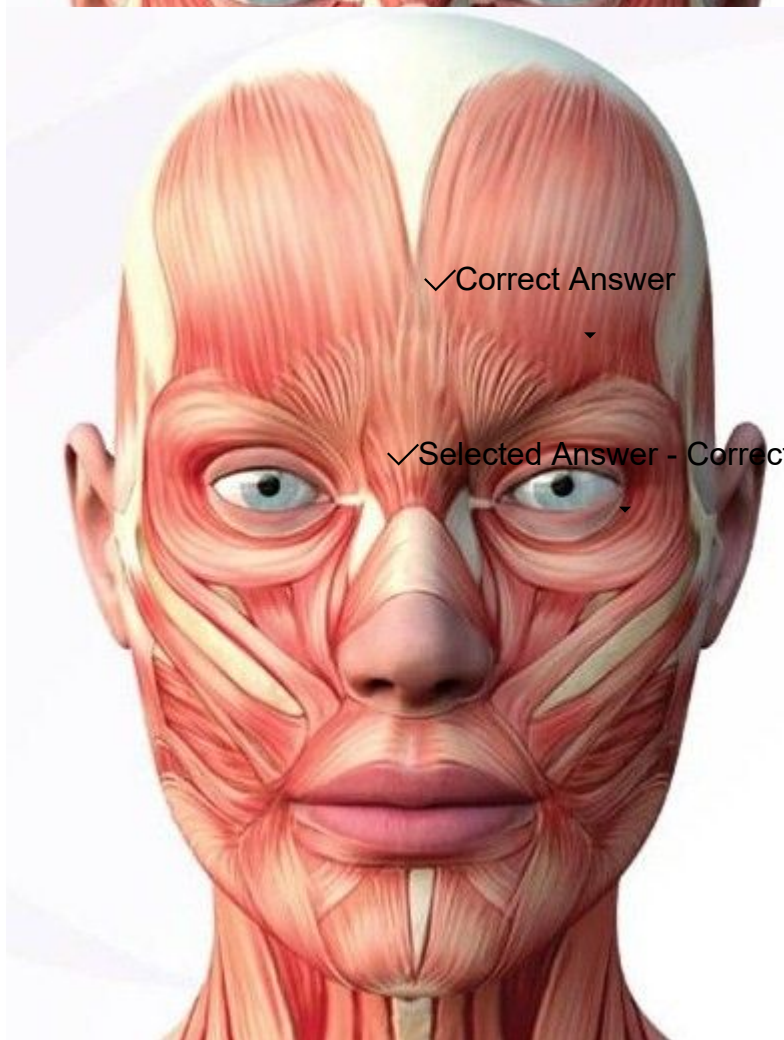
111 / 1 point

Click on the pati



1

◇ / 1 point



✓Correct Answer

✓Selected Answer - Correct



Regrade

121 / 1 point

Click on the right pectoralis major.

1

◇ / 1 point

✓Correct Answer

✓Selected Answer - Correct



Regrade

131 / 1 point

Click on the rectus abdom

1

/ 1 point



✓ Correct Answer

✓ Selected Answer - Correct



Regrade

1

/ 1 point

141 / 1 point

Click on the right serratus anterior.

✓Correct Answer
✓Selected Answer - Correct



Regrade

1

◇ / 1 point

150 / 1 point

Click on the anterior deltoid.

✓Correct Answer

✗Selected Answer - Incorrect



Regrade

161 / 1 point

Click on the orbicularis ori



0

^ / 1 point



Regrade

1

^ / 1 point

Fudge Points

Manually adjust the score by adding positive or negative points to this box

Final Score



15 / 16

Results

94.44%
Score

17
Out of 18 points

19:30
Time for this attempt

11 / 1 point

Click on the patient's right adductor longus.



Regrade

1

1 / 1 point

21 / 1 point

Click on the patient's left sternocleidomastiod.

Correct Answer
X Selected Answer: Incorrect



Regrade

31 / 1 point

Click on the patient's left

1

/ 1 point



✓ Correct Answer

✓ Selected Answer - Correct



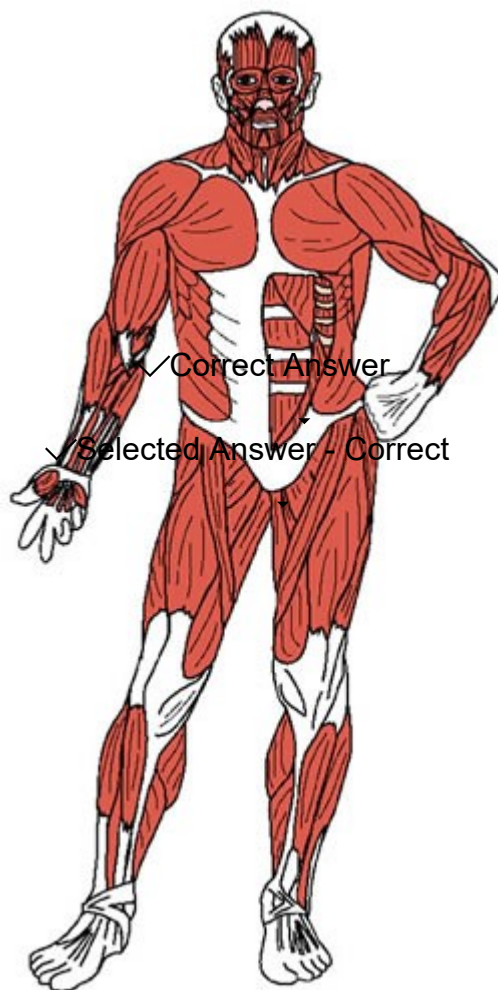
Regrade

41 / 1 point

Click on the patient's left vastus medialis.

1

/ 1 point



Regrade

51 / 1 point

Click on the patient's right adductor magnus.

1

◇ / 1 point

✓Correct Answer
✓Selected Answer - Correct



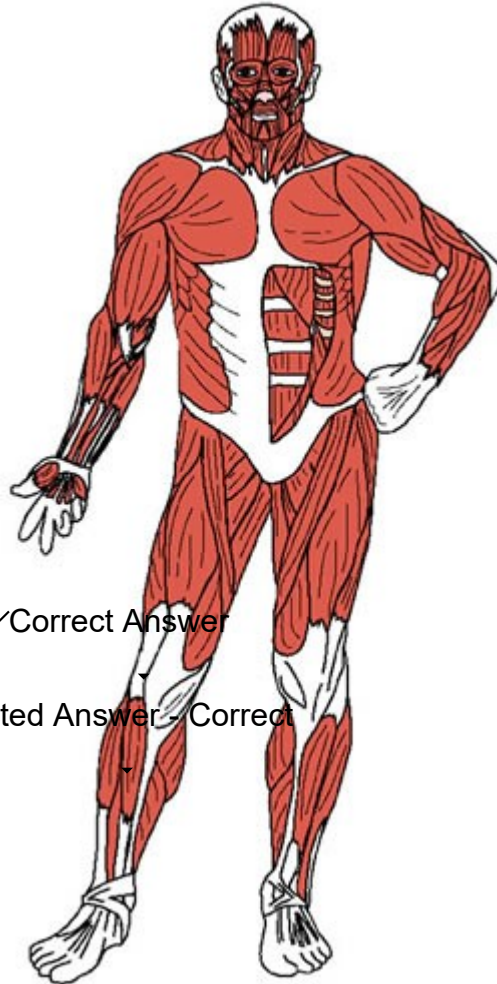
Regrade

1

/ 1 point

61 / 1 point

Click on the patient's right



✓Correct Answer

✓Selected Answer - Correct



Regrade

1

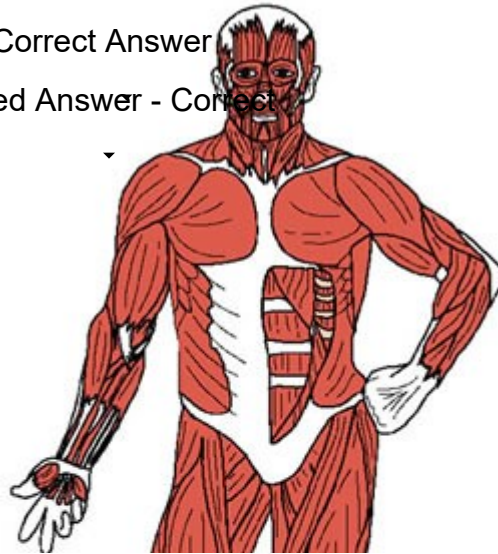
/ 1 point

71 / 1 point

Click on the patient's right fibularis/peroneus longus.

✓Correct Answer

✓Selected Answer - Correct



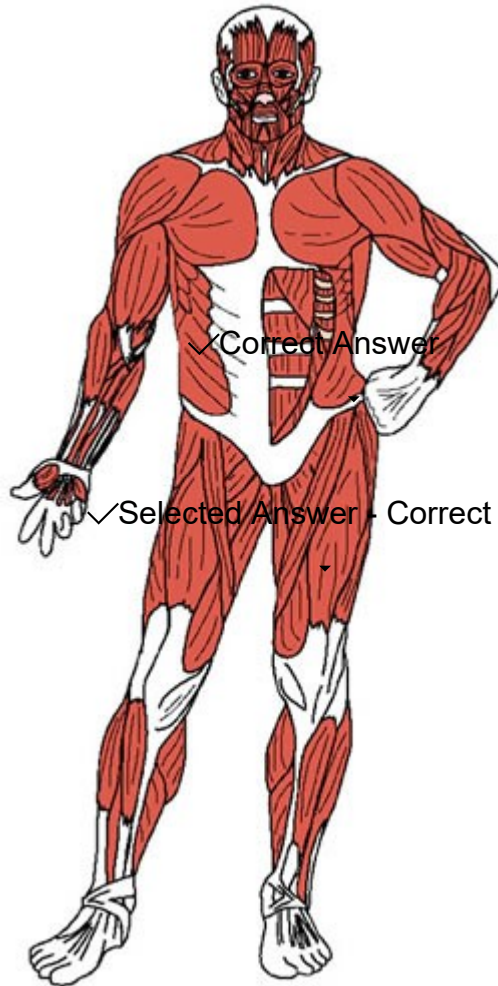
Regrade

1

/ 1 point

81 / 1 point

Click on the patient's left r



✓Correct Answer

✓Selected Answer - Correct



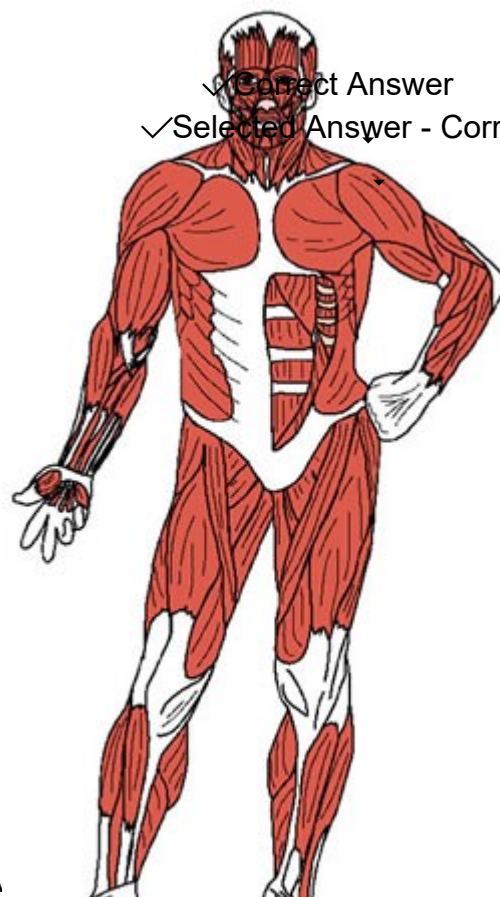
Regrade

1

/ 1 point

91 / 1 point

Click on the patient's left tensor fascia latae.



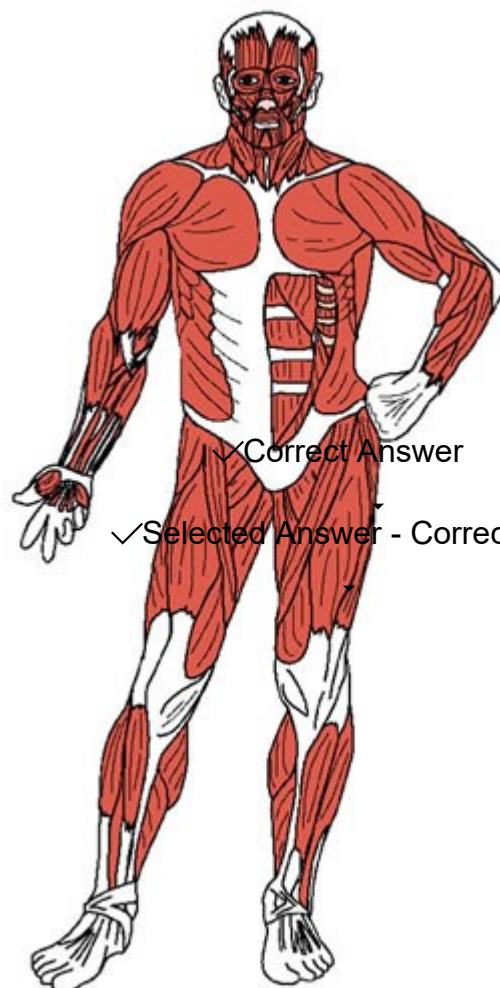
Regrade

1

/ 1 point

101 / 1 point

Click on the patient's left \



111 / 1 point

Regrade

1

✓ / 1 point

Click on the patient's right sartorius.



✓Correct Answer

✓Selected Answer - Correct



Regrade

1

✓ / 1 point

121 / 1 point

Click on the patient's right gracilis.

✓Correct Answer

✓Selected Answer - Correct



Regrade

131 / 1 point

Click on the patient's right



1

/ 1 point

✓Correct Answer
✓Selected Answer - Correct



Regrade

144 / 4 points

Select ALL of the following that make up the quadriceps muscles?

☒ ✓rectus femoris☒ ✓vastus lateralis

biceps femoris

☒ ✓vastus medialis☒ ✓vastus intermedius

1

/ 1 point

semitendinosus
semimembranosus



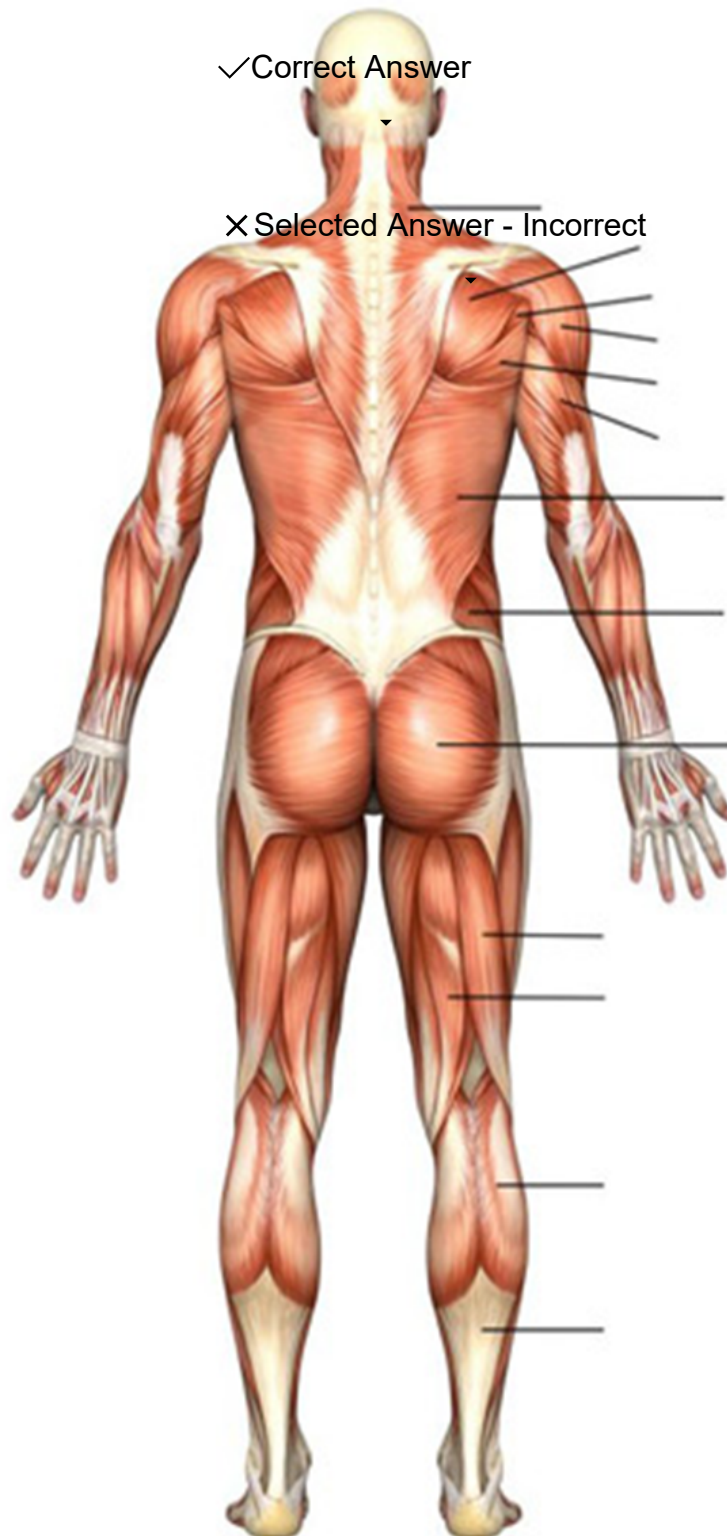
Regrade

4

⏏ / 4 points

150 / 1 point

Click on the trapezius muscle.





Regrade

0

^ / 1 point
v

Fudge Points

Manually adjust the score by adding positive or negative points to this box



Final Score

17 / 18

Results

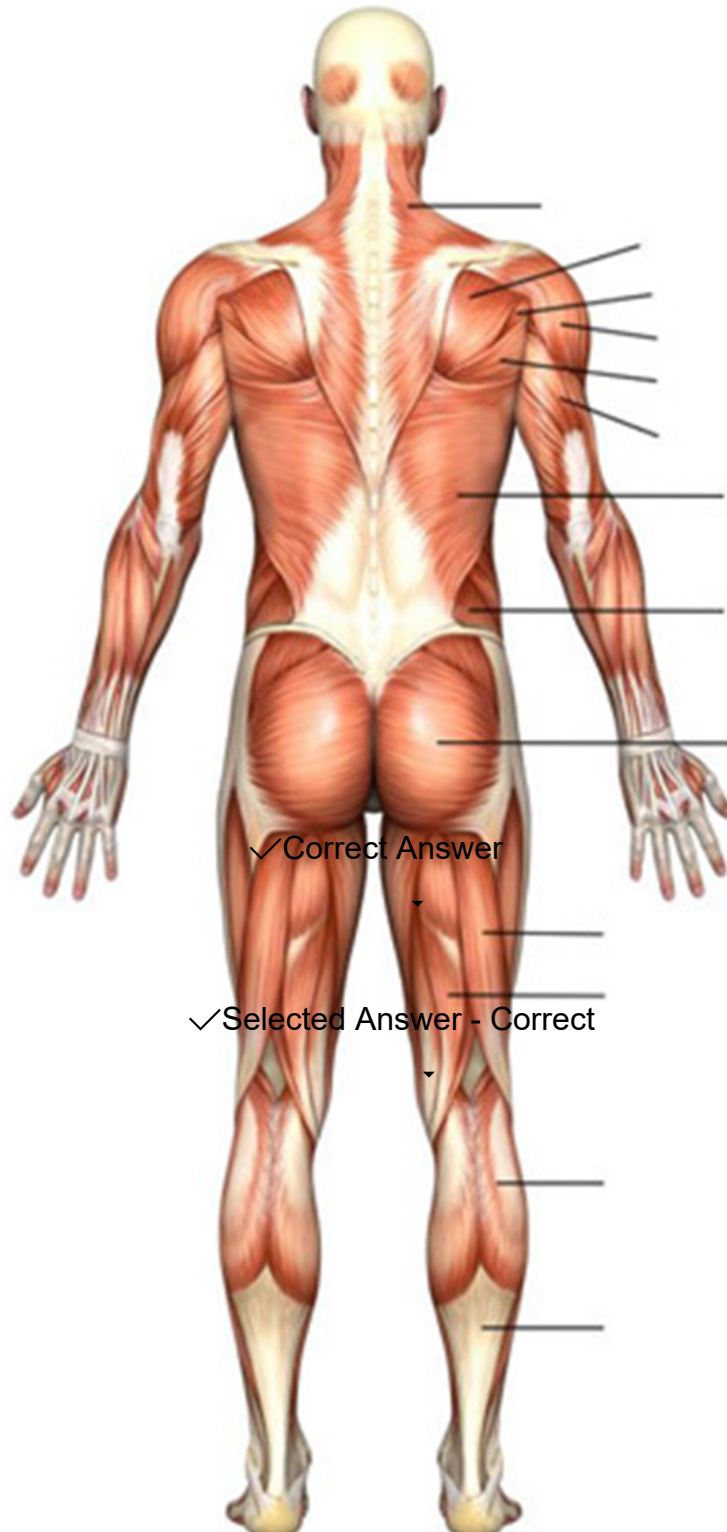
94.44%
Score

17
Out of 18 points

10:14
Time for this attempt

11 / 1 point

Click on the patient's right semimembranosus.





Regrade

1

◇ / 1 point

21 / 1 point

Click on the patient's right soleus.



Regrade

31 / 1 point

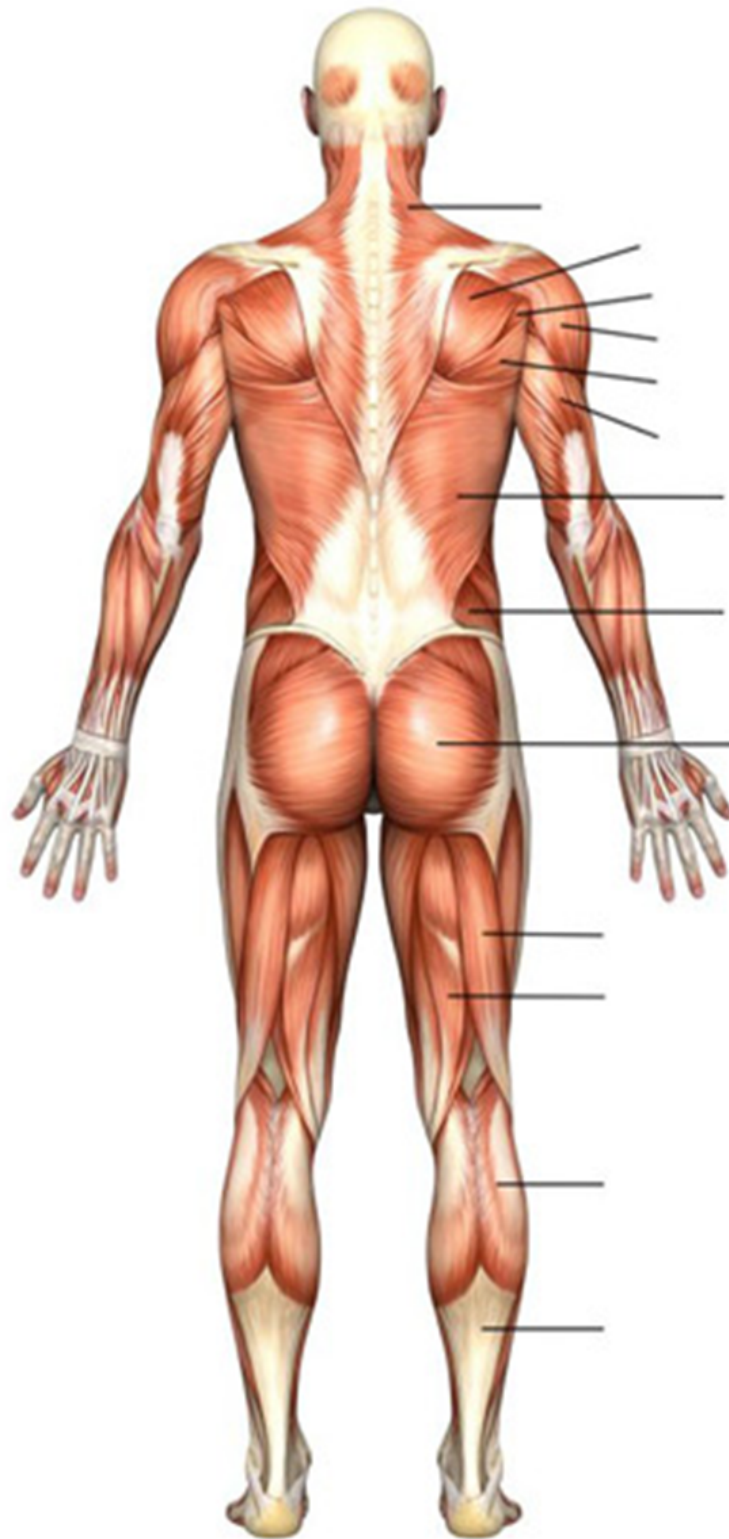
Click on the patient's left r

1

◇ / 1 point

✓Correct Answer

X Selected Answer - Incorrect





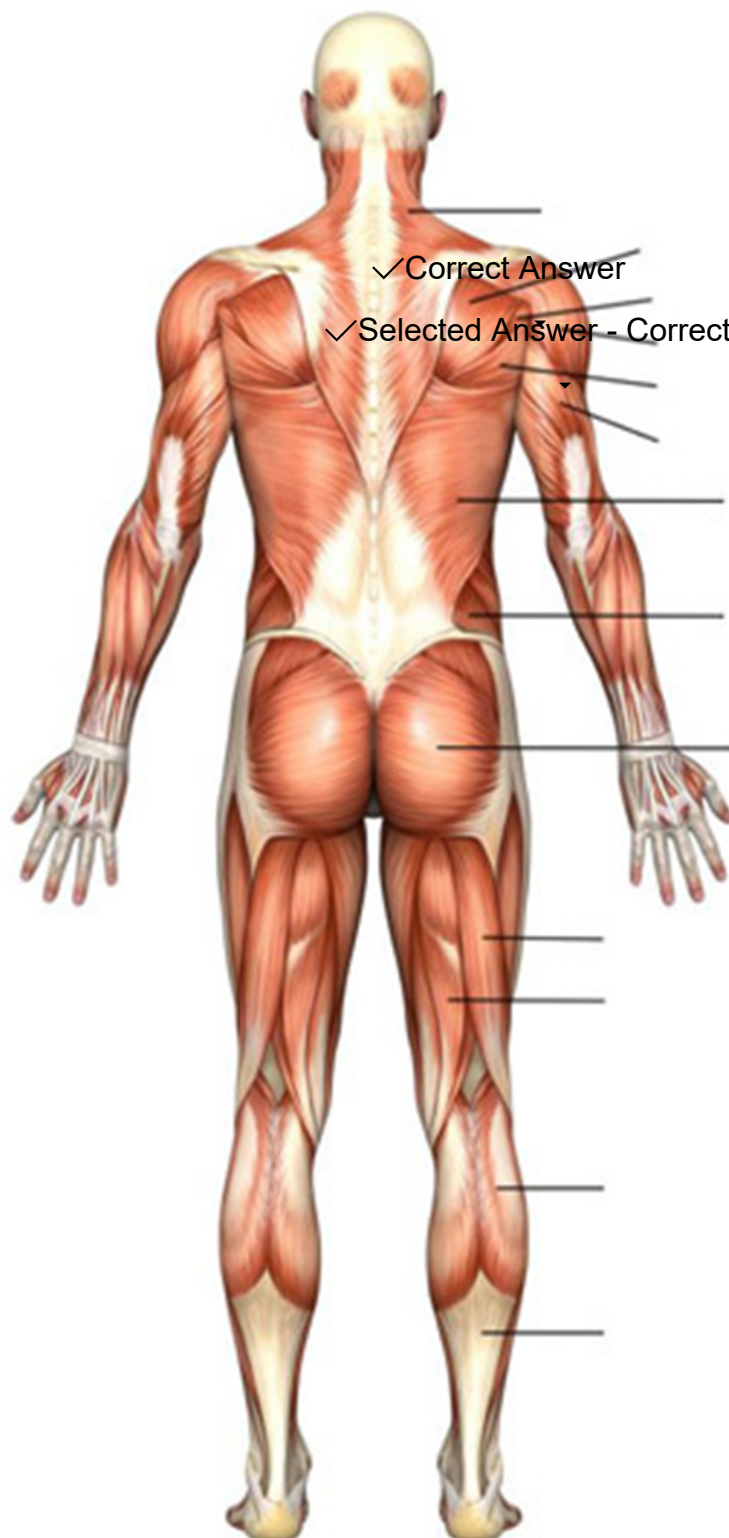
Regrade

1

/ 1 point

41 / 1 point

Click on the patient's right triceps brachii.





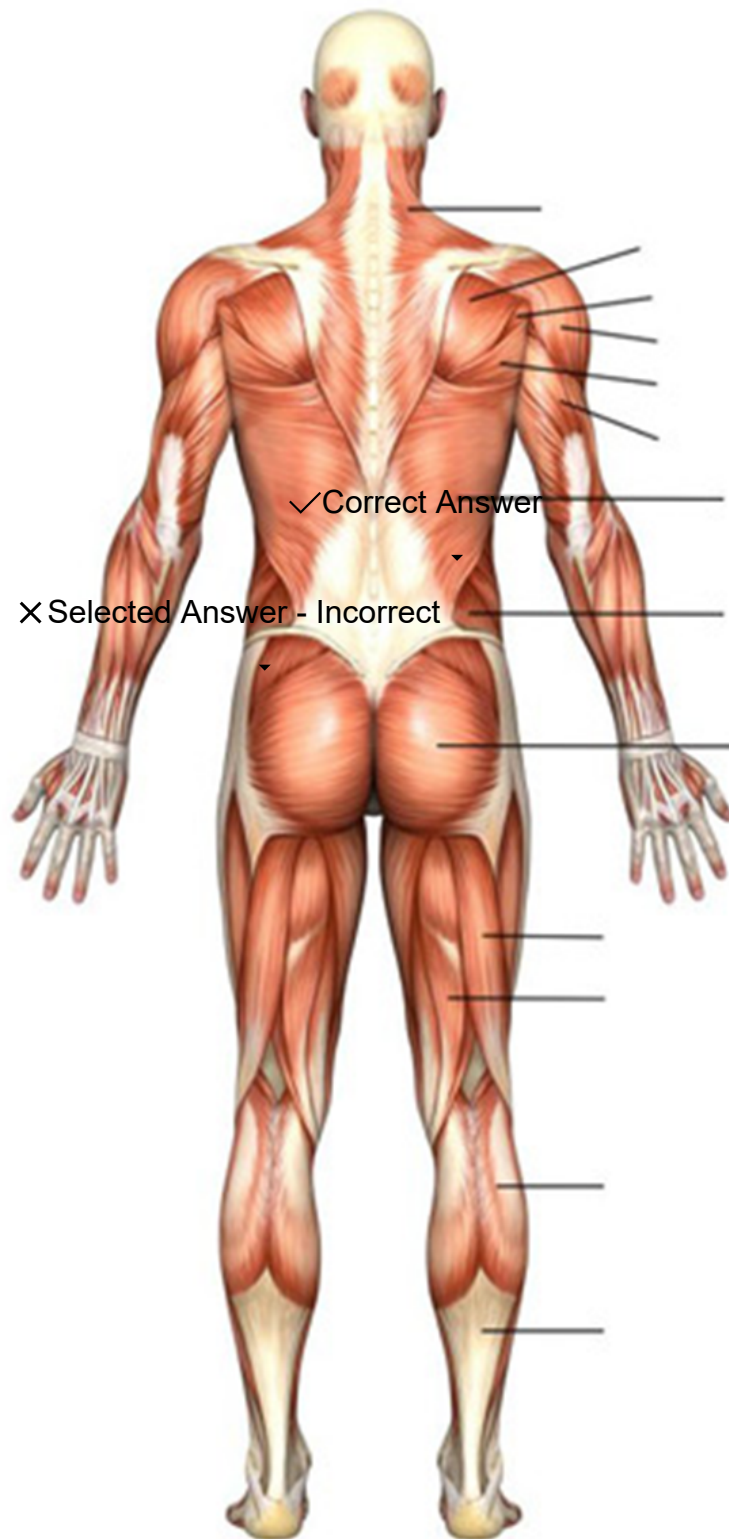
Regrade

1

◇ / 1 point

50 / 1 point

Click on the patient's right biceps femoris.





Regrade

0

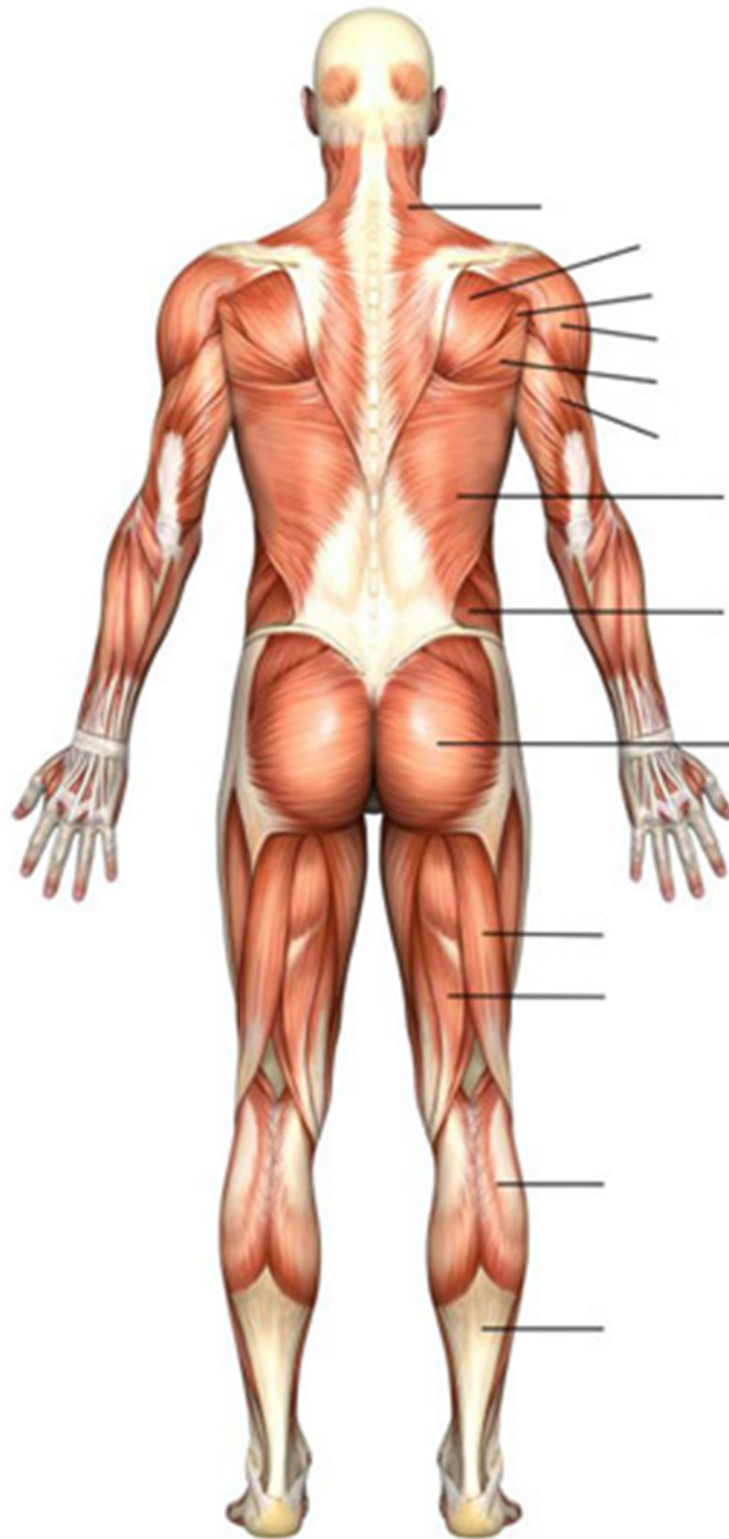
/ 1 point

61 / 1 point

Click on the patient's right supraspinatus.

✓Correct Answer

✗Selected Answer - Incorrect ▾





Regrade

1

/ 1 point

73 / 3 points

Select all of the muscles that are part of the hamstrings.

☒ ✓ biceps femoris

rectus femoris

vastus lateralis

vastus medialis

vastus intermedius

☒ ✓ semitendinosus☒ ✓ semimembranosus

Regrade

3

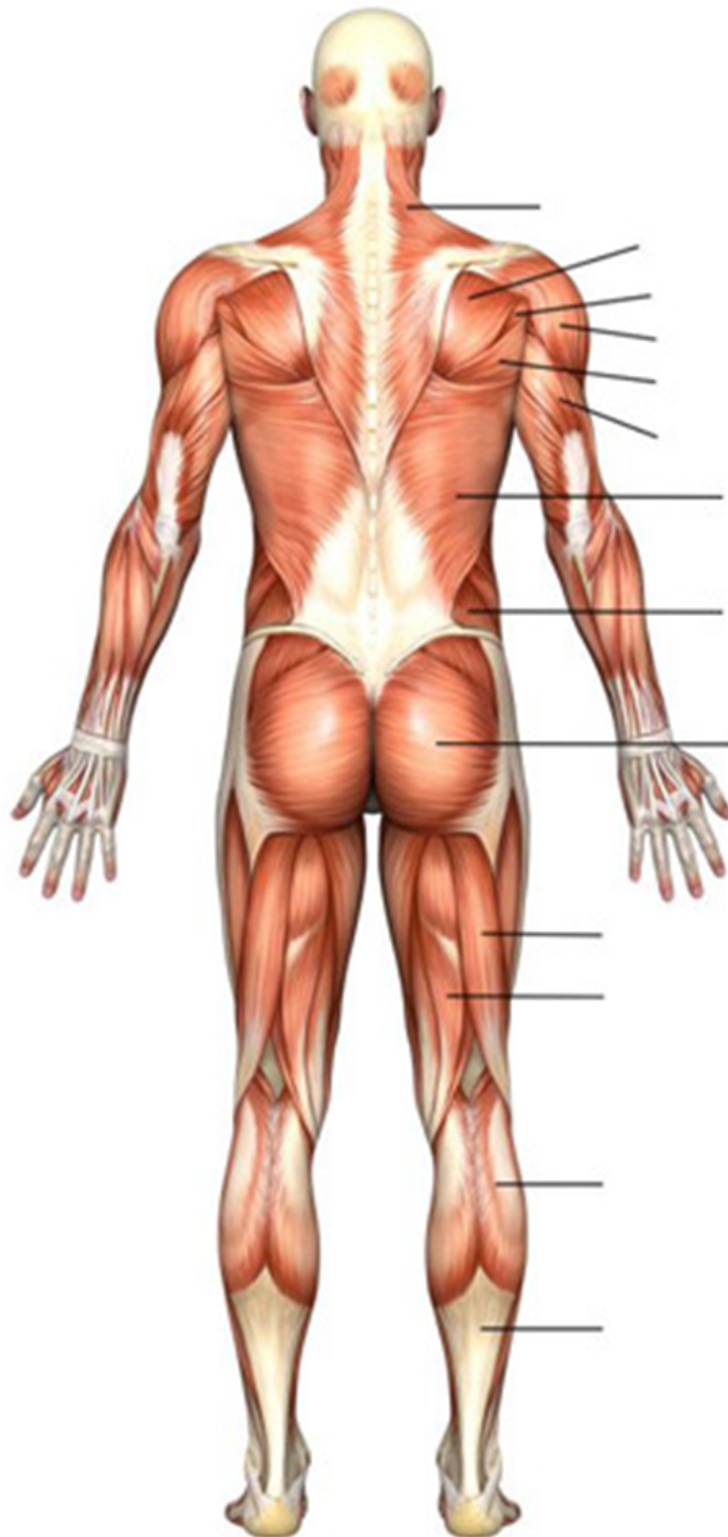
/ 3 points

81 / 1 point

Click on the patient's left gluteus medius.

✓ Correct Answer
✓ Selected Answer - Correct







Regrade

1

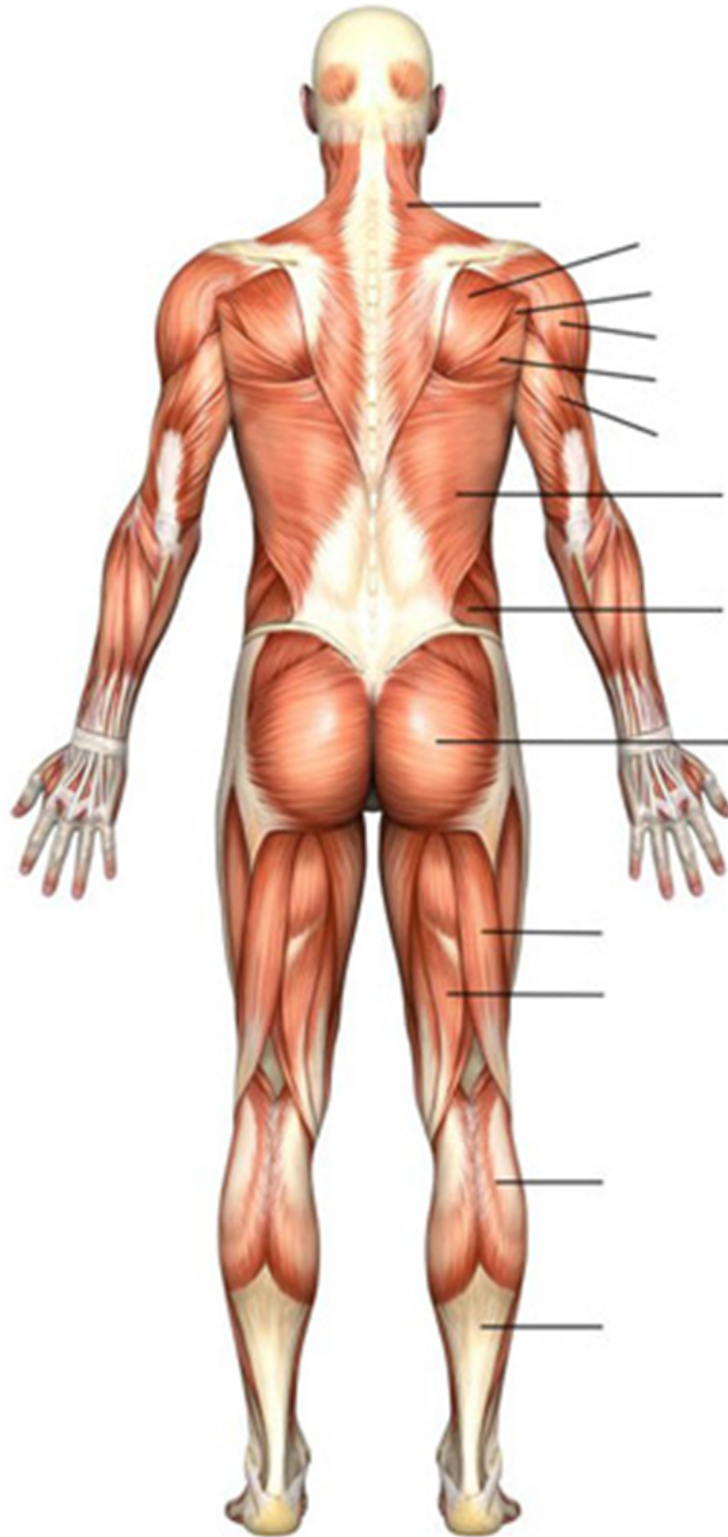
/ 1 point

91 / 1 point

Click on the patient's left posterior deltoid.

✓ Correct Answer
✓ Selected Answer - Correct





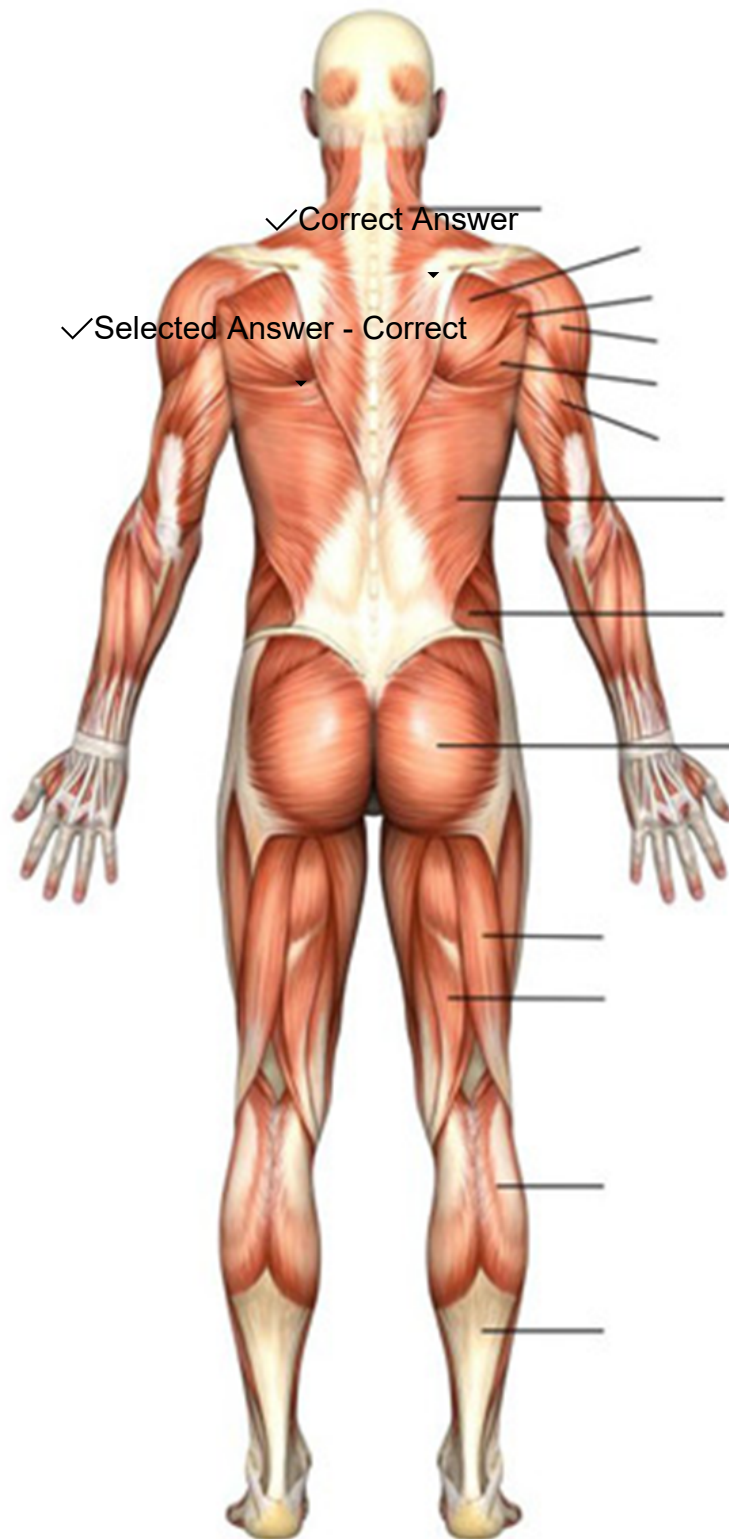
Regrade

1

/ 1 point

101 / 1 point

Click on the patient's latissimus dorsi.





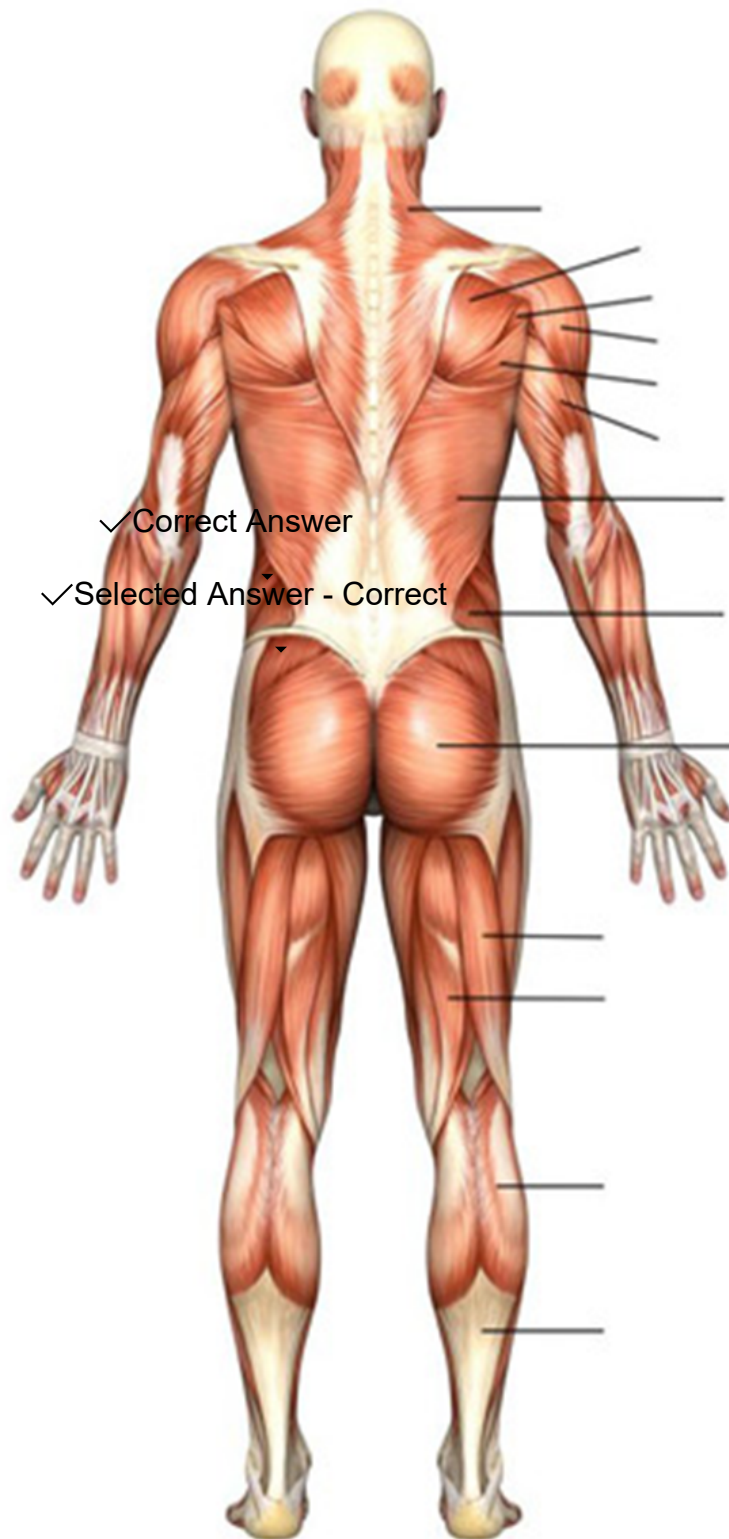
Regrade

1

◇ / 1 point

111 / 1 point

Click on the patient's left Achille's tendon.





Regrade

1

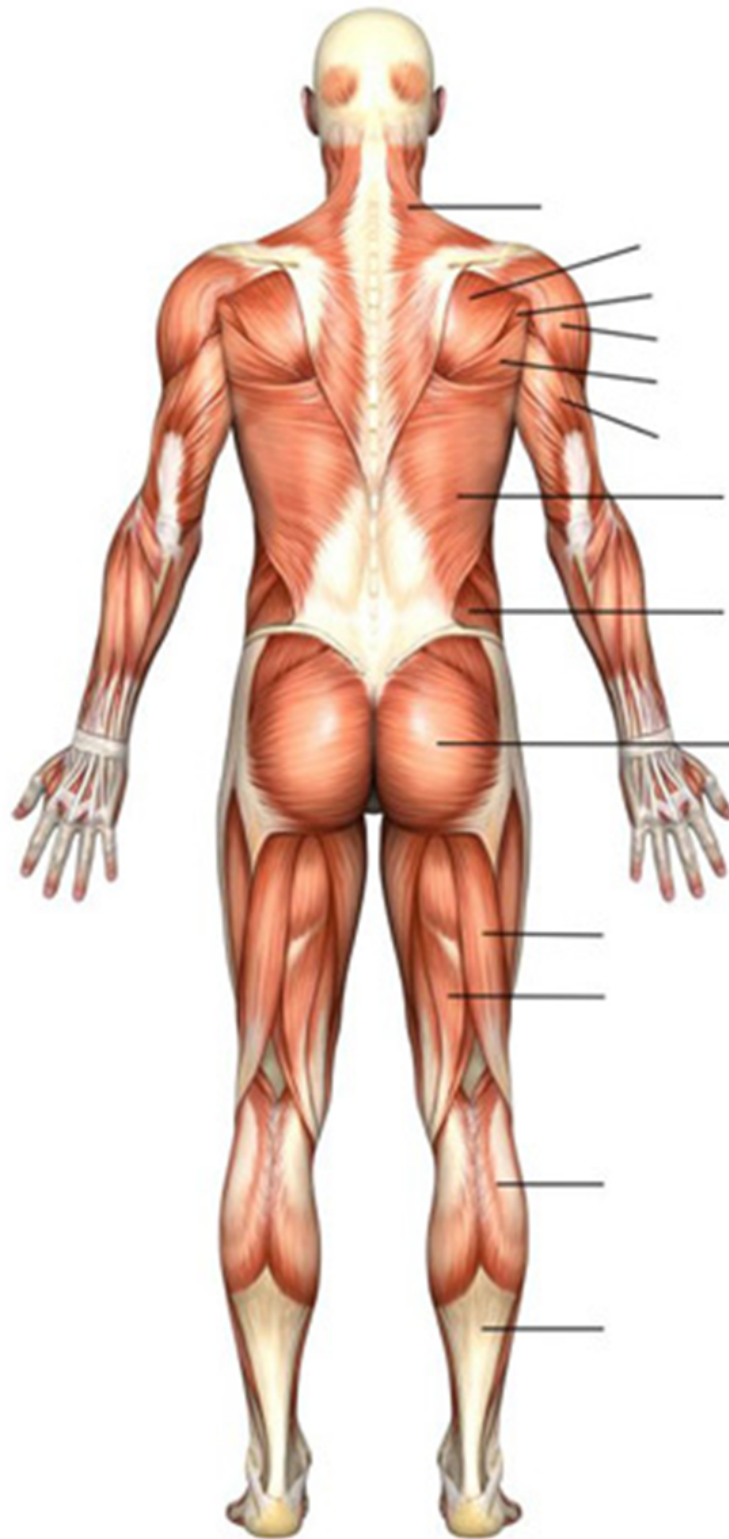
/ 1 point

121 / 1 point

Click on the patient's right gluteus maximus.

✓Correct Answer

✓Selected Answer - Correct



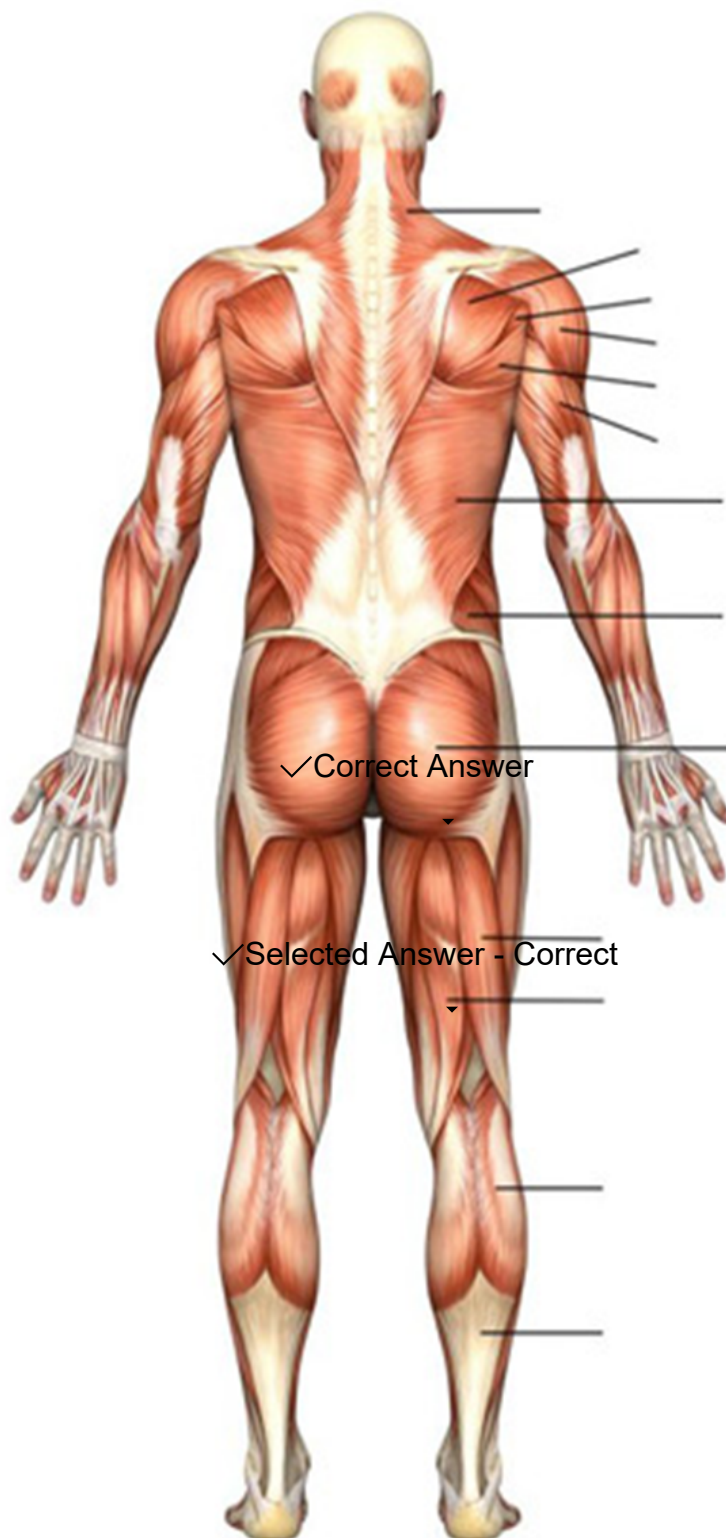
Regrade

1

/ 1 point

131 / 1 point

Click on the patient's semitendinosus.





Regrade

1

◇ / 1 point

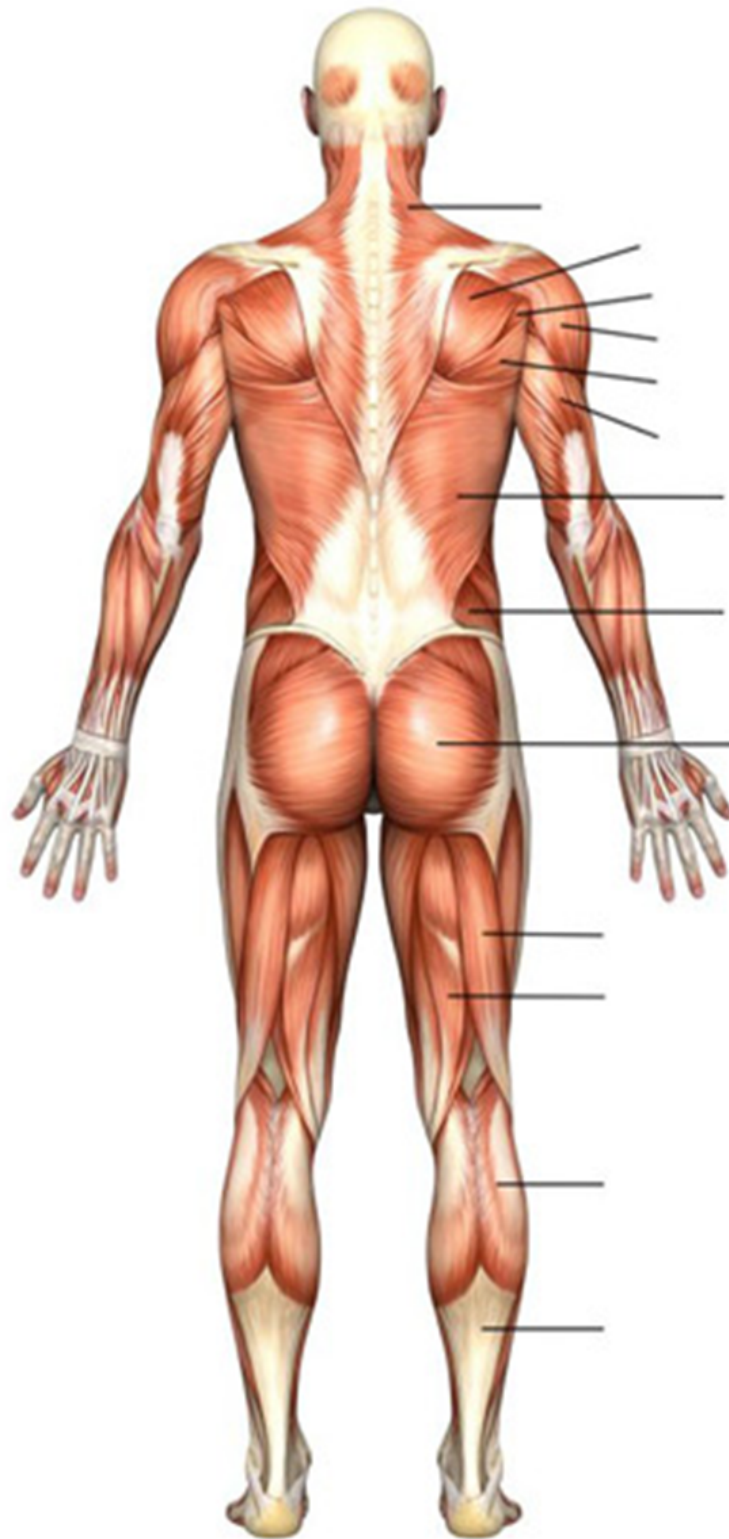
141 / 1 point

Click on the patient's right infraspinatus.

✓Correct Answer

✓Selected Answer - Correct







Regrade

1

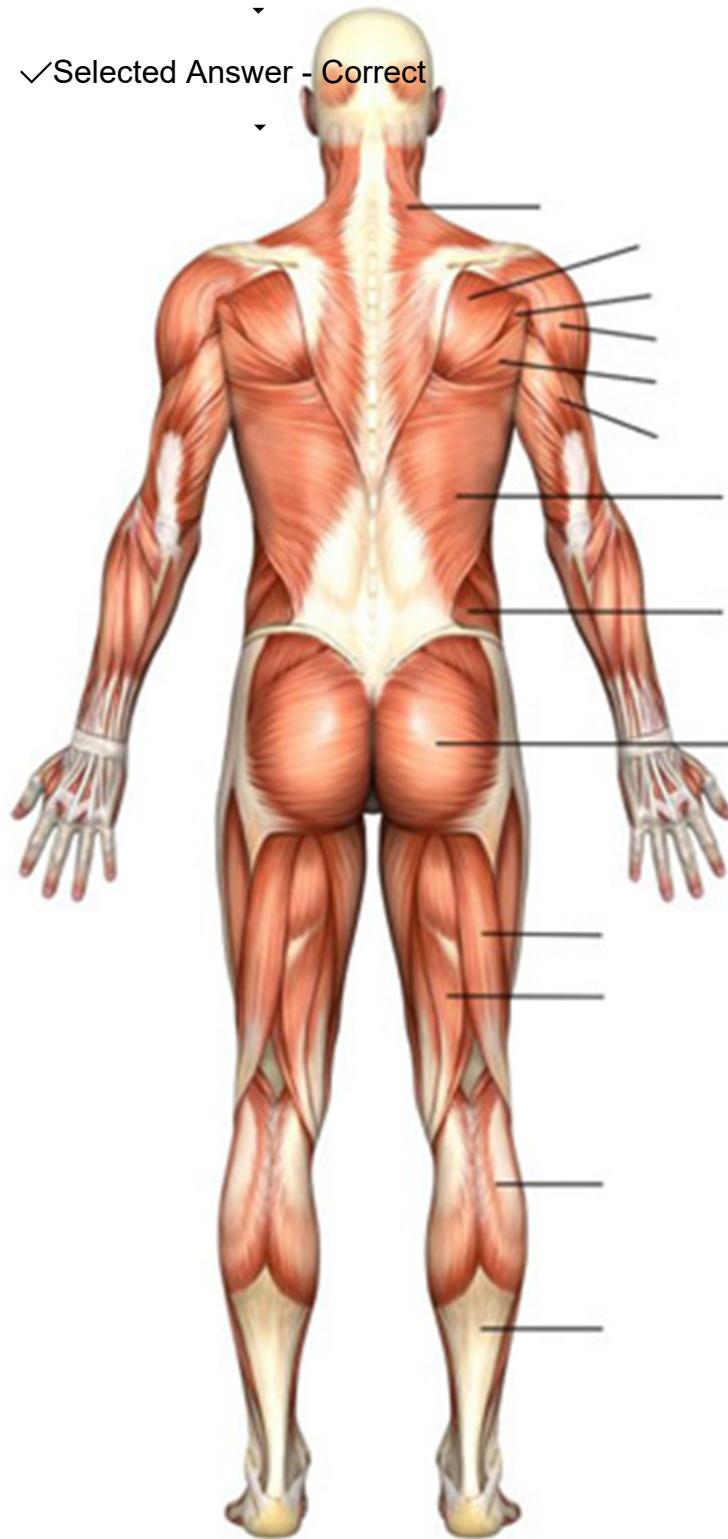
◇ / 1 point

151 / 1 point

Click on the patient's left gastrocnemius.

✓Correct Answer

✓Selected Answer - Correct





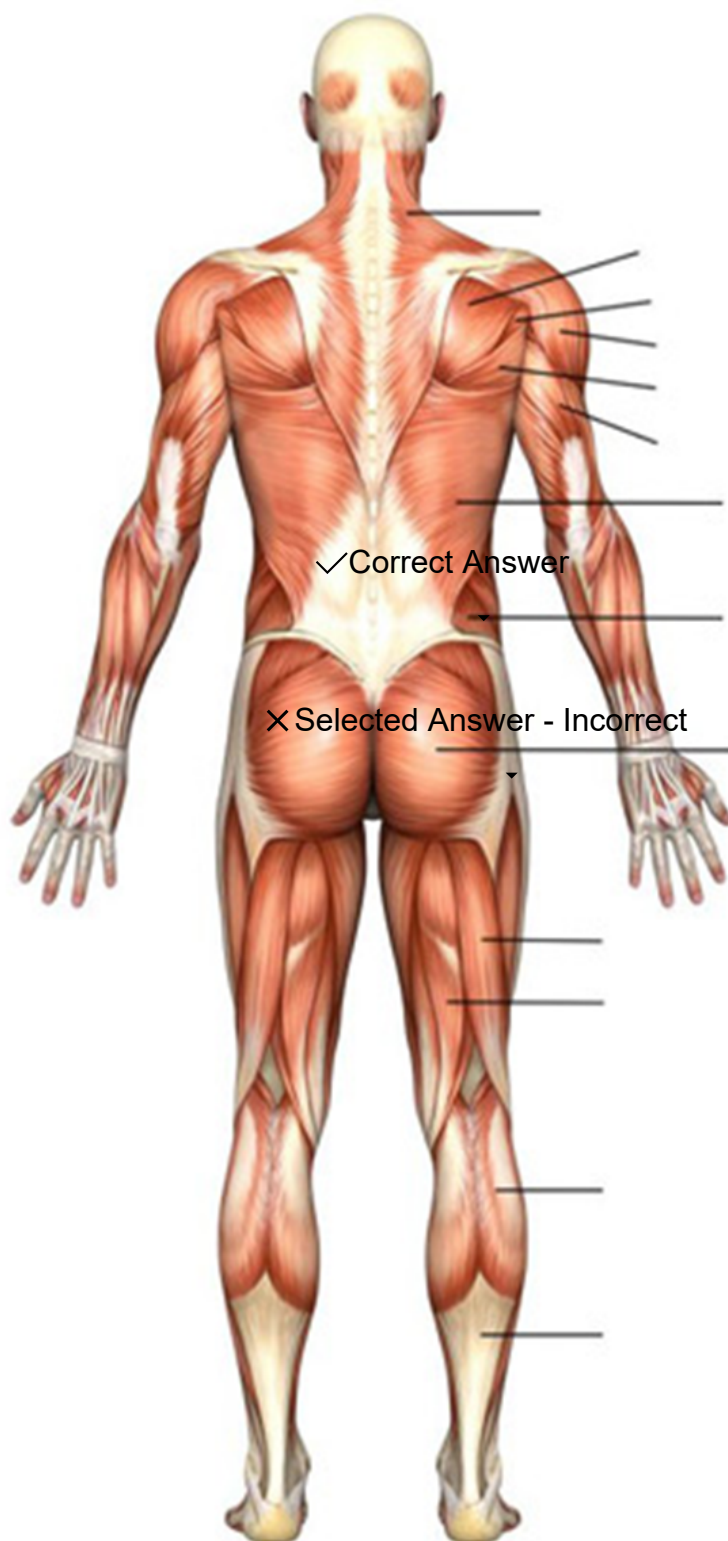
Regrade

1

/ 1 point

161 / 1 point

Click on the patient's right iliotibial band.





Regrade

1

^ / 1 point

Fudge Points

Manually adjust the score by adding positive or negative points to this box 0



Final Score

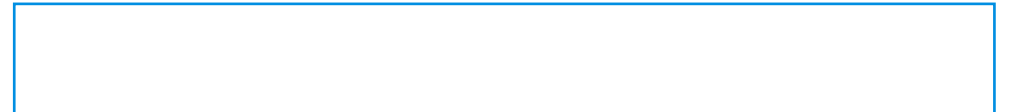
17 / 18

Muscular System Project: Personal Trainers Guide to Your Workout!

By: Anaya Lofton & Ella Brennan

5th pd

Essentials of Healthcare--Anatomy & Physiology



Anaya's Client: Denzel Ward

Sport: Football

Ex.1
Seated leg press.

Ex.2
Hammer curl

Ex.3
Shoulder press

Ex.4
Planks

Ex.5
Step aerobics



Seated leg press

Step 1: Sit down in the seat and put your feet where the platform is located.

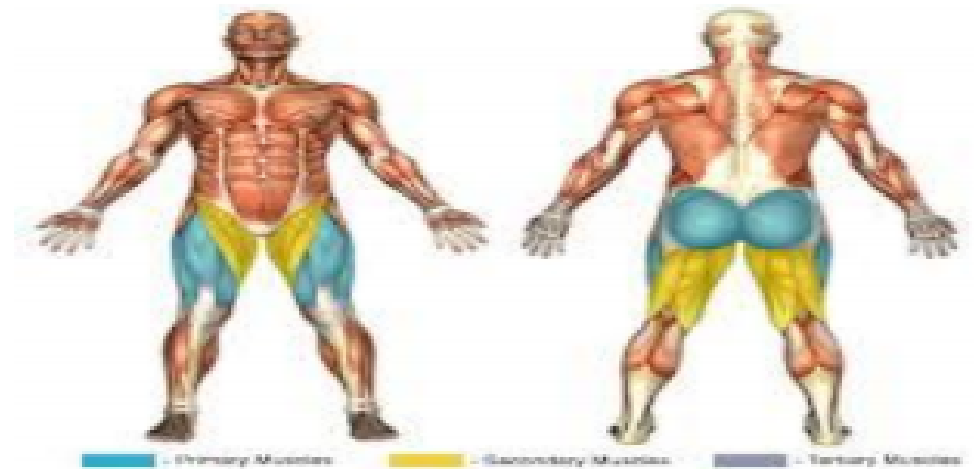
Step 2: Make sure your feet are shoulder width apart and at the height of your chest. Make sure your seat is close enough to where your knees make at least a 90-degree angle.

Step 3: Make sure your knees are facing the ceiling.

Step 4: Use your leg strength to push up the weights.

This workout targets your: Quadriceps

Sets: 3-5 Reps: 12-15 lbs: 168



Step 1: Pick your dumbbell size

Step 2: Hold the dumbbells by your hips

Sep 3: Slowly bend your elbow until you get past a 90-degree angle. Then slowly go back down.

Step 4: Repeat this process.

This workout targets your: Biceps brachialis and brachioradialis.

Sets: 5-6 Reps: 12-15 lbs:35



Dumbbell Shoulder Press

Step 1: Make sure the bench is sitting straight up/90 degree angle.

Step 2: Have arms up at a 90 degree angle/ the dumbbells should be around your ears.

Step 3: Push weights above your head then slowly brought back down.

Step 4: Repeat this process.

This workout targets your: deltas, traps, and triceps

Sets:2-5 Reps: 8-12 lbs:45



Planks

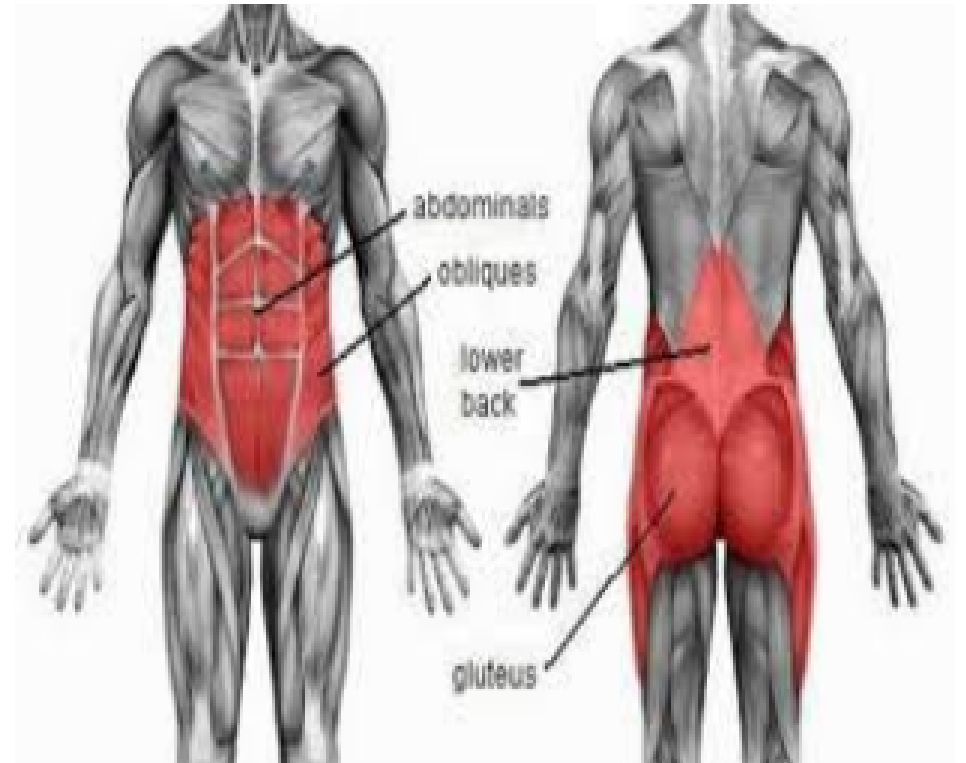
Step 1: Get into push up position but bend your elbows to where your weight is on your forearms.

Step 2: squeeze your core and lower back and hold this position for as long as you can.

Step 3: Repeat this process.

This workout targets your: Abdominals, obliques, lower back, and gluteus

Sets: 4 Reps: 1 minute lbs:none



Step Aerobics

Step 1: Put your right foot up on the platform then put your left foot up on the platform.

Step 2: Take your right foot down then do the same with your left foot.

Step 3: Repeat this process in a speedy manner.

This workout targets your: soleus, gastrocnemius, Adductor magnus, Quads, and gluteus maximus.

Sets: 10 Reps: 20 lbs: none



Client: Ruben Loftus-Cheek

Sport: Soccer

Ex.1

Hiit on Treadmill

Ex.2

Lateral band walks



Hiit on Treadmill

Step 1: On a treadmill gradually build your speed to a gentle run for ten minutes.

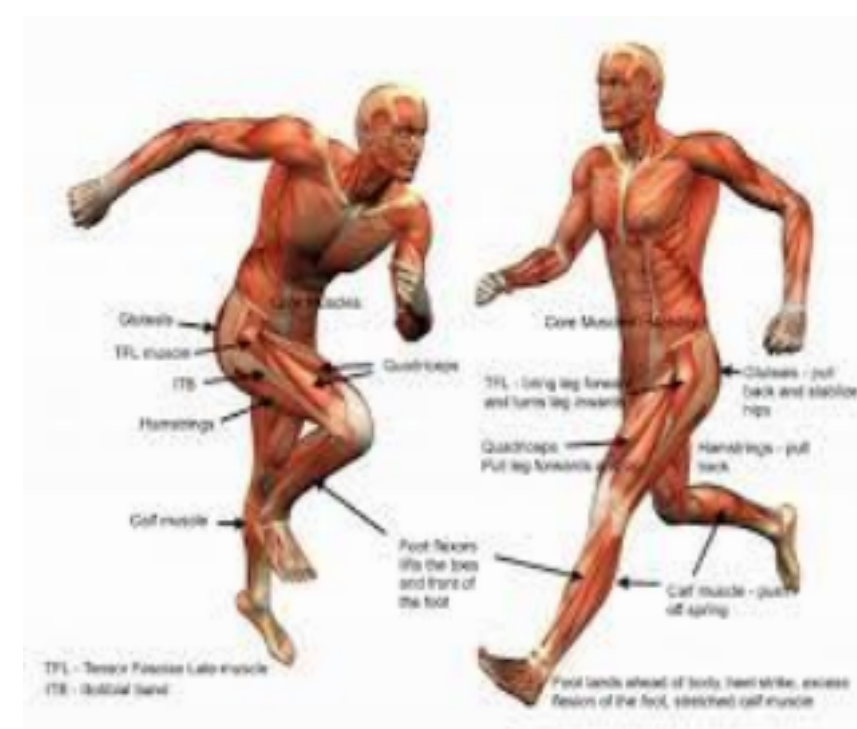
Step 2: Once you have reached ten minutes run your maximum speed for thirty seconds.

Step 3: Go back to jogging for three minutes.

Step 4: Repeat this process.

This workout targets your: external oblique, gluteus maximus, hamstring muscles, gastrocnemius, soleus, achilles tendon, and calcaneals

Sets: 4 Reps: 4 lbs: none



Lateral Band Walks

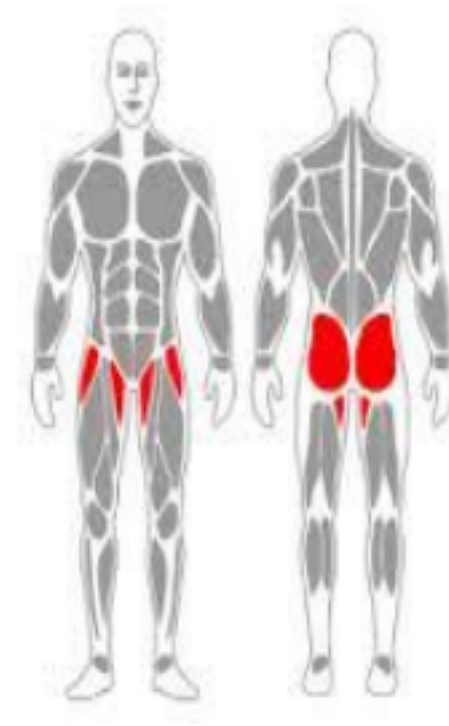
Step 1: Take a resistance band and put it on right above your knees.

Step 2: Slightly bend your knees and keep your feet shoulder length apart.

Step 3: Slowly step your foot to the right, then the left foot follows. Then do the same in the left direction starting with your left foot.

This work out targets your: gluteus medius, and other glutes

Sets: 20 Reps: 6 lbs: none



Ruben Loftus-Cheek's workout plan

Exercise 3:

Medicine ball pushups.

Exercise 4:

Weighted sled pull

Exercise 5:

Kettlebell reverse lunges



Ruben Loftus-Cheek's workout plan.

1/1 floor exercises- Medicine ball pushups.

How to complete:

- Place a medicine ball on the floor, then assume a pushup position with both hands on the ball.
- Position feet slightly apart for balance.
- Slowly lower your body using your arms so that your chest stops just before touching the ball.
- Then, push yourself back up into the starting push up position. Apply even pressure on each side so the ball doesn't roll out from under you.
- Do 3 sets of 10.

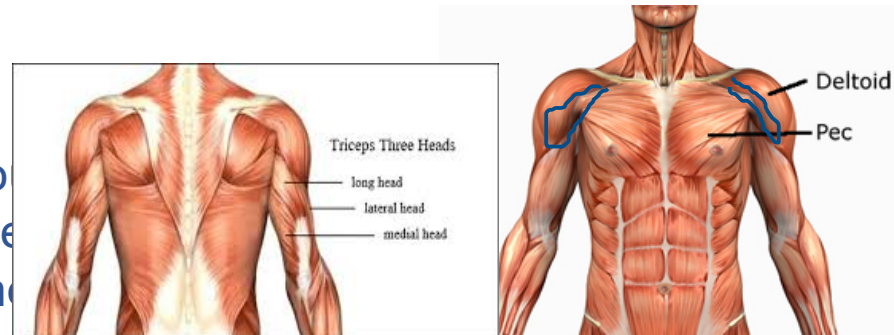


Why they are beneficial:

- Push-ups are important for building your core strength. A strong core improves balance so rapid turns can be executed without falling or stumbling. Gareth Bale (another soccer player), incorporates medicine ball push-ups into his routine for that reason.

Which muscles they target.

- Pectorals (the muscles in your chest)
- Deltoids (your three-headed shoulder muscles)
- Triceps (the three-headed muscles in the backs of your arms)
- triceps and anterior deltoids (or front shoulder muscles) for arm flexion. (Circled muscle is anterior deltoid and is a synergist)



½ of free weight exercises- Weighted sled drags.

How to complete:

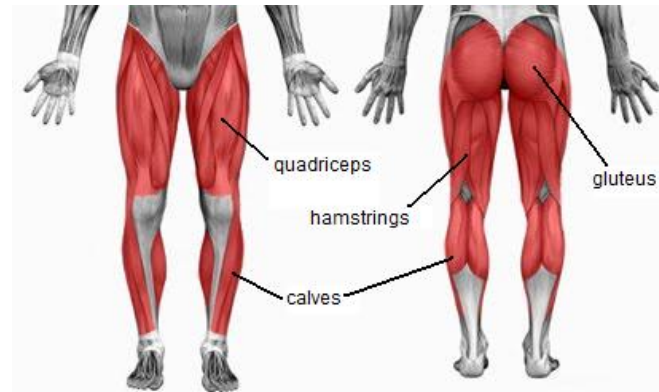
- Attach a harness to your torso that connects to two cords. Connect the cords to a weighted sled.
- Lean forward and start taking small steps, pulling the sled along behind you.
- Pick up speed, start running with longer strides. You'll need to apply consistent pressure and keep speed to prevent the sled from moving from side to side.
- Run about 50 yards one way and then run 50 yards back to your starting place.

Why they are beneficial:

- The sled drag puts a heavy resistance on the muscles used to propel yourself forward
- Doing these work the muscles that help with acceleration because it increases your power output and ground reaction forces.

The muscles that are targeted:

- Calves
- Glutes
- Quadriceps
- Hamstrings



2/2 of free weight exercises- Kettlebell reverse lunges

How to complete:

- Hold the kettlebell upside down at its base, keeping back straight and leaning forward slightly to replicate the body's alignment during a sprint.
- Lunge backward with one leg.
- Keep the front knee above the front ankle.
- Push off on your back leg to return to starting position.
- Switch sides and repeat for one rep.
- Do 3 sets of 15 reps.

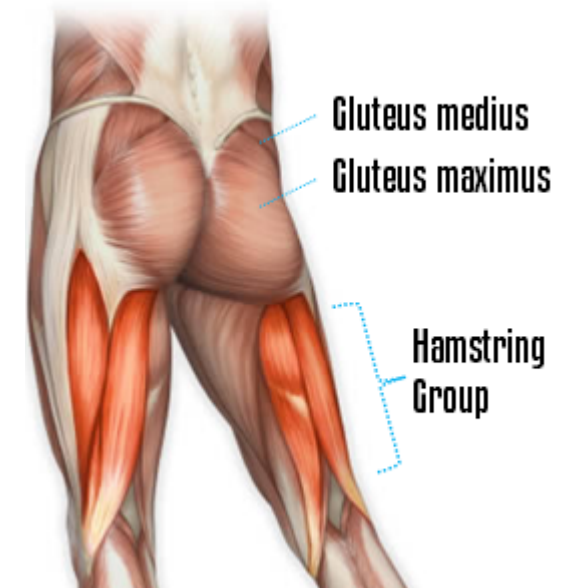
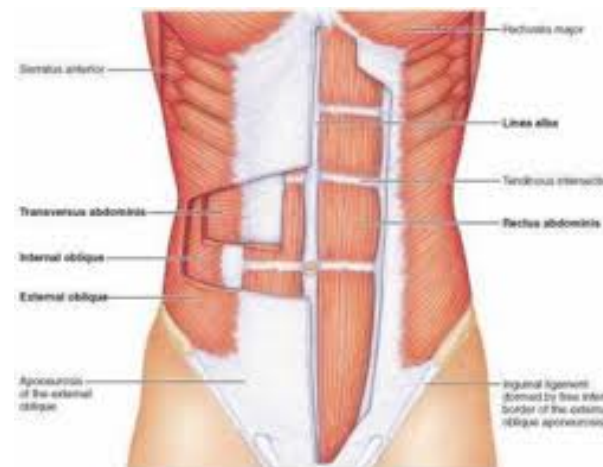


Why they are beneficial:

- Increases leg strength and postural control to help players go from jogging to sprinting toward the goal once they, or a teammate, has the ball.

Muscles targeted:

- Core
- Glutes
- Hamstrings



Client- *Ning Zetao*

Exercise 1
Bench press

Exercise 2
Russian twists

Exercise 3
Medicine ball slam

Exercise 4
superman

Exercise 5
pilates



1/1 Machine exercise- Bench press

How to complete:

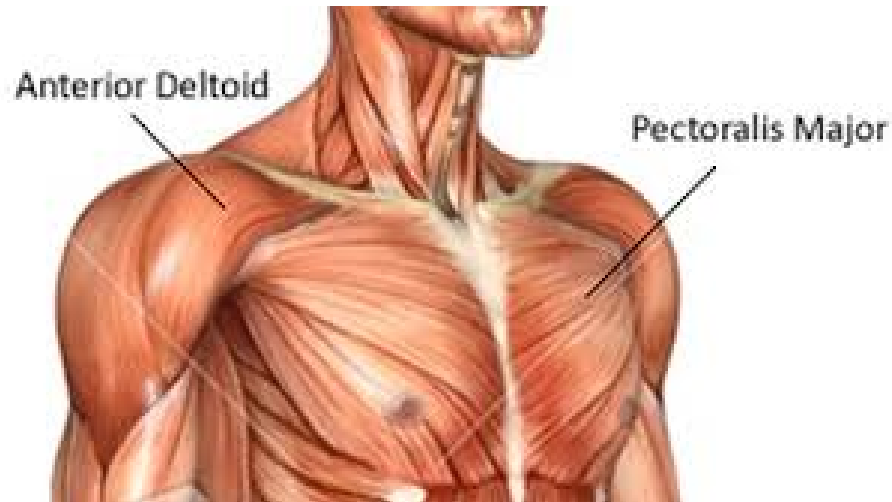
- Start by laying on the bench so your eyes underneath the bar.
- Grab the bar and make sure that your thumbs are wrapped around it.
- Squeeze your shoulder blades together and brace your core, then straighten your arms to unrack the bar.
- Lower it down until at your mid-chest and then push back up to the starting position.
- keep everything controlled.

Why they are beneficial:

- It is great at strengthening the chest and tricep muscles.
- It's also good for developing arm power which is helpful when swimming.

Muscles targeted:

- **pectoralis major**
- **anterior** deltoids
- **Triceps**



1 / 2 Free weight exercise- Russian twists

How to complete:

- Start by sitting on the floor with knees bent.
- Next you lift your feet a few inches off the ground.
- lean backwards with your back.
- Hold a weight of your choice in your hands and twist your torso to one side, then to the other.
- Avoid using momentum or swaying your feet.
- 3 reps of 15

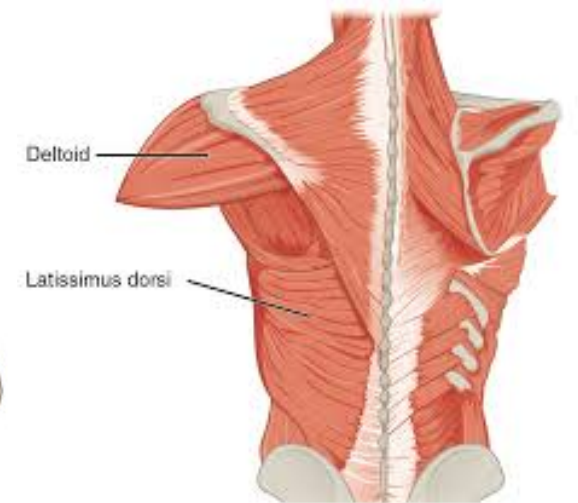
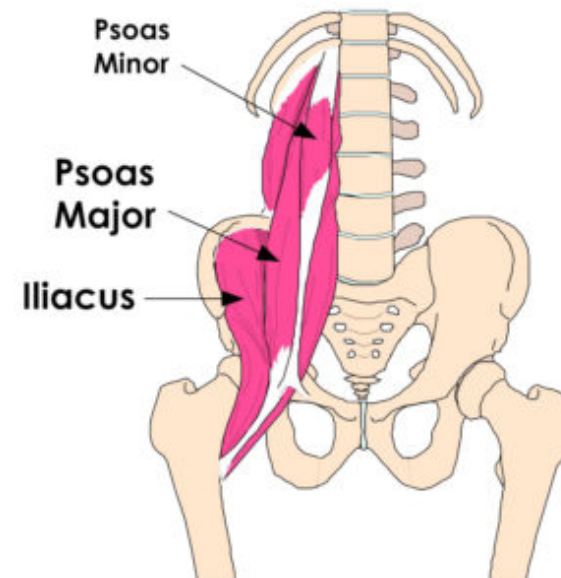
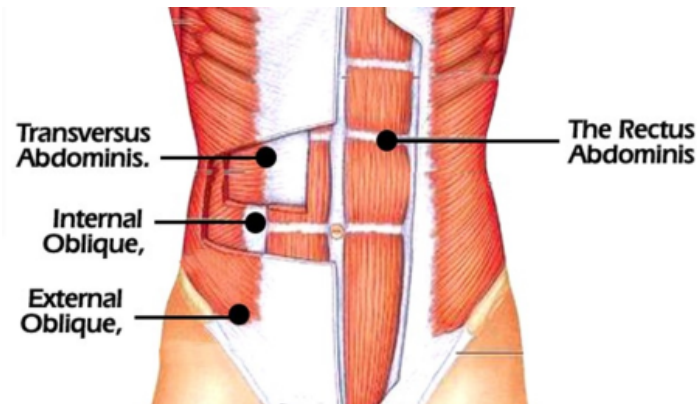


Why they are beneficial:

- They strengthen the obliques but is also great for strengthening the general abdominal muscle area. The Russian twist will allow you to improve the rotational motion of your Freestyle swim pull power, since the obliques are heavily involved during this movement pattern.

Muscles that are targeted:

- **obliques.**
- **rectus abdominis.**
- **hip flexors.**
- **latissimus dorsi.**



2 / 2 Free weight exercises- Medicine ball slam

How to complete:

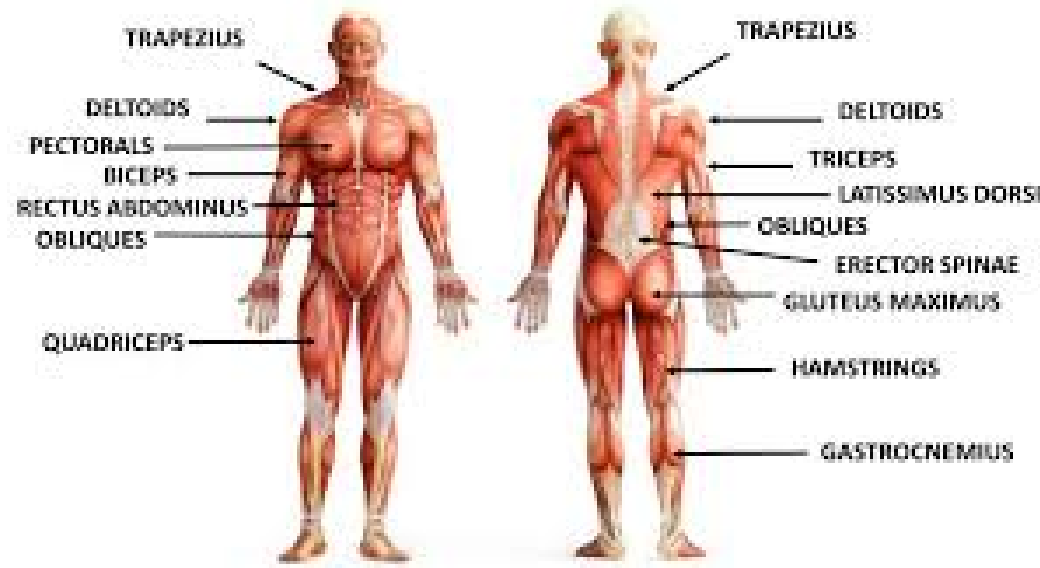
- Stand in a stable position with feet shoulder width apart while holding the medicine ball in front of you.
- Lift it up overhead
- slam it down as hard as possible.
- Drop into a slight squat and catch it as you prepare to do another rep.

Why they are beneficial:

- The medicine ball slam will strengthen the arms and back, while getting your heart rate up.

Muscles targeted:

- Deltoids
- **Triceps**
- **Glutes**
- Hamstrings
- **quads**



1 / 1 Floor exercise- "supperman"

How to complete:

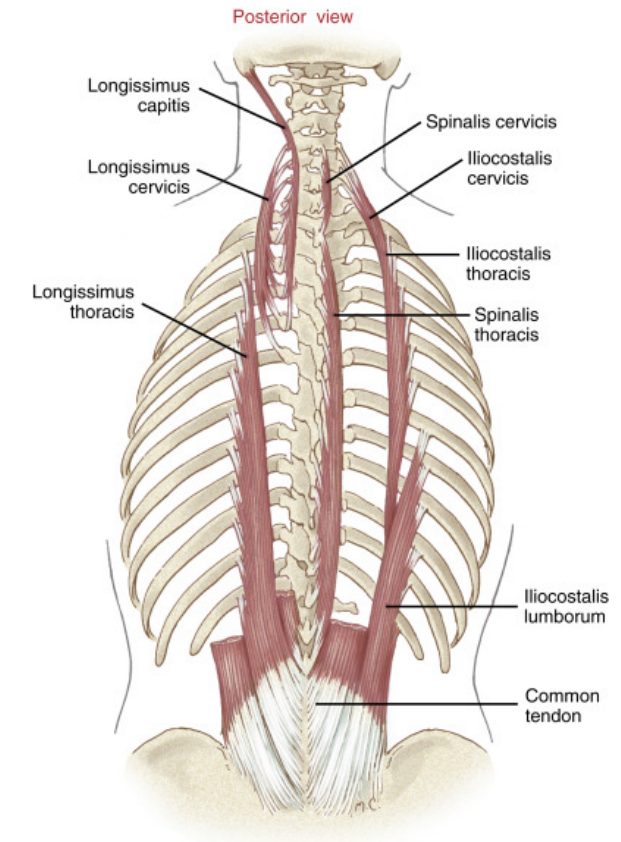
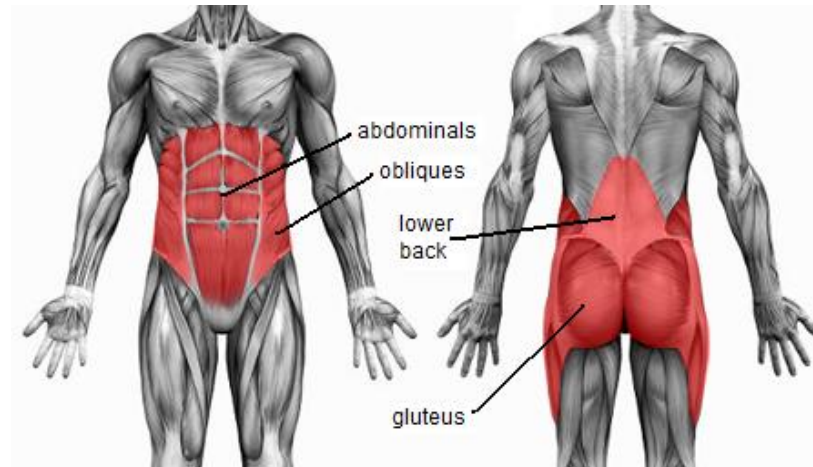
- Lay face down on the ground, arms straight out above your head.
- Tighten your glutes and pull in your belly button.
- Lift your left arm while also raising your right leg. Hold for a three-count.
- Switch to the opposite arm-leg combo.
- Don't drop your arms and legs.

Why they are beneficial:

- developing scapular stability and developing and retaining good posture.

Muscles targeted:

- Obliques
- lower back
- erector spinae
- glutes



1 / 1 exercise class- pilates

How to complete:

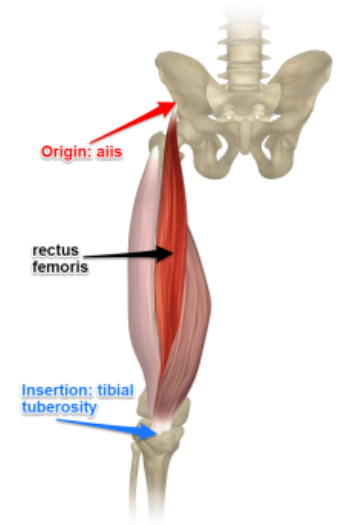
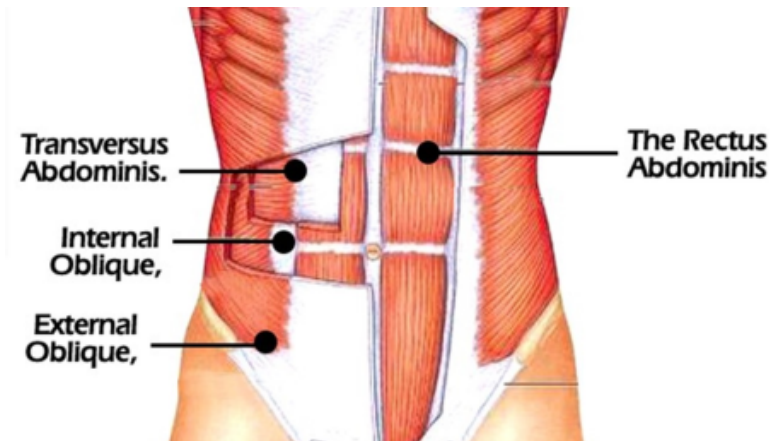
- Pull out a gym mat and get ready to do a series of movements that will stabilize and strengthen your core.
- The exercises are usually done in a specific order, one right after another.
- You can do **Pilates** on an **exercise** mat, either in a class or at home, using a DVD. Or you can go to a gym or studio that has special equipment, a class, or a trainer who can supervise you.
- **Pilates** classes typically take 45 minutes to an hour, but you can do fewer moves in less time.

Why it is beneficial:

- improved flexibility
- increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks
- enhanced muscular control of your back and limbs
- improved stabilisation of your spine

Muscles it targets:

- the rectus abdominis
- external obliques
- rectus femoris



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