

12a Kinesiology: Muscle Names and Locations - Anterior

Lesson Plan

Minutes Activity

	Reminders 10 minutes before class begins display the reminders slide.
5	Attendance and Breath of Arrival
15	AOIs: quadriceps femoris group. <ul style="list-style-type: none">• Rectus femoris, vastus intermedius, vastus intermedialis, vastus lateralis.
40	Lecture Kinesiology: muscle names and locations - anterior
60m	Total Class Time

Class Schedule – Student Preparation

- Trail Guide: quadriceps femoris group.
- Trail Guide: Pages 35-36, 61-62, 296-297, and 366-367.

Class Schedule – Assignments and Exams

- Note: quadriceps femoris group includes: rectus femoris, vastus medialis, vastus lateralis, vastus intermedius

Topic Focus

- Names and locations of these anterior muscles: sternocleidomastoid, trapezius, deltoid, Pectoralis major, biceps brachii, latissimus dorsi, levator scapula, pectoralis minor, coracobrachialis, serratus anterior, rectus abdominis, external oblique, tensor fasciae latae, rectus femoris, vastus intermedius, vastus intermedialis, vastus lateralis, psoas major, psoas minor, iliacus, adductor group, sartorius, peroneus longus, peroneus brevis, extensor digitorum longus, gastrocnemius, soleus, tibialis anterior, and extensor hallucis longus. Also the iliotibial tract.

Thoughts, Advice, or Warnings

- Use of drawing on white board to augment anatomy slides
- Frequent breaking down of words focusing on what their parts mean
- Frequent examples of ways to remember words that do not easily break down into known parts
- Calling for students to pronounce words aloud in unison

- Use of analogies from textbook and within PPT
- Frequent inclusion of individual students by name in analogies and games, stories, etc.