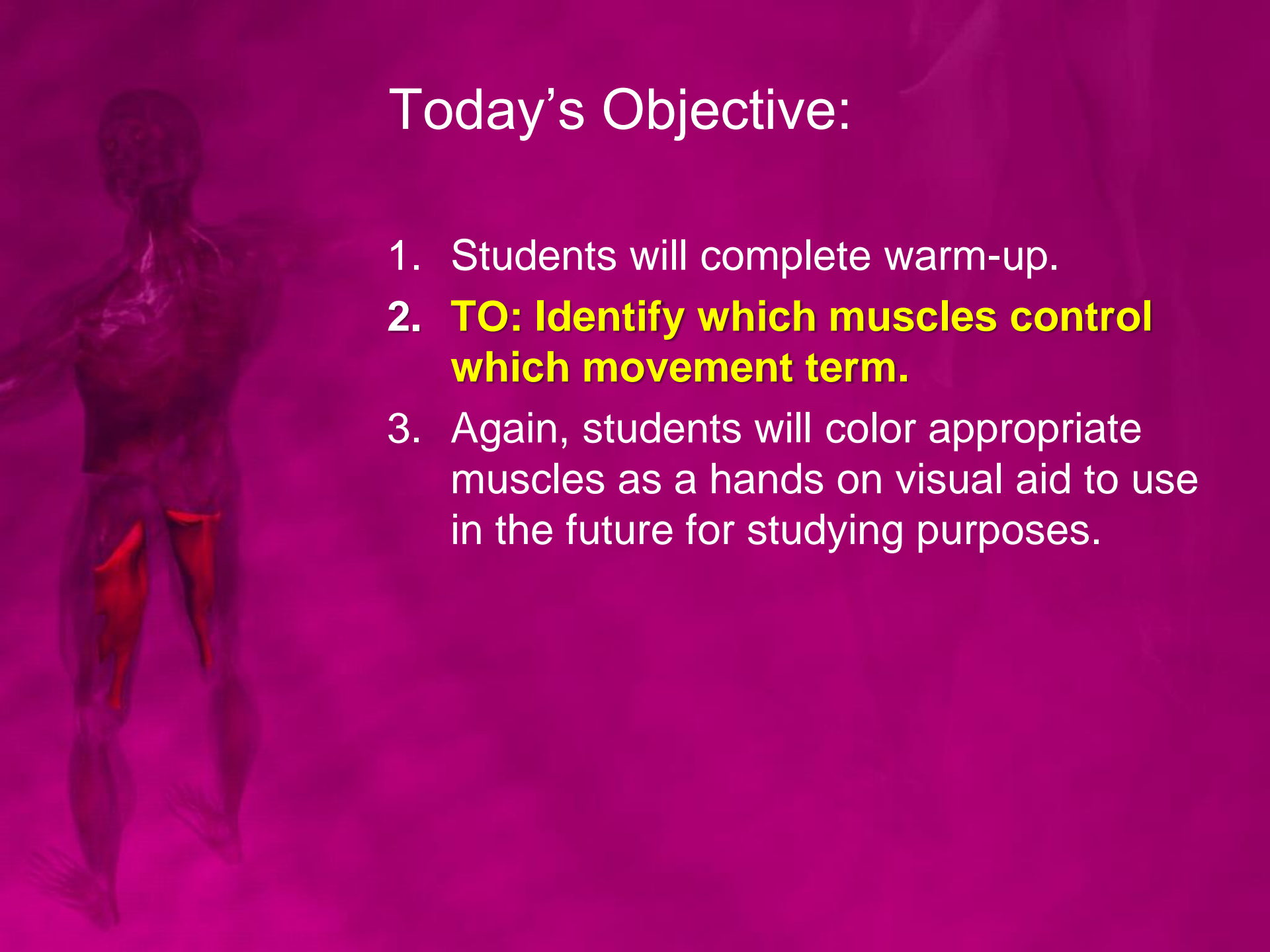


Today's Objective:

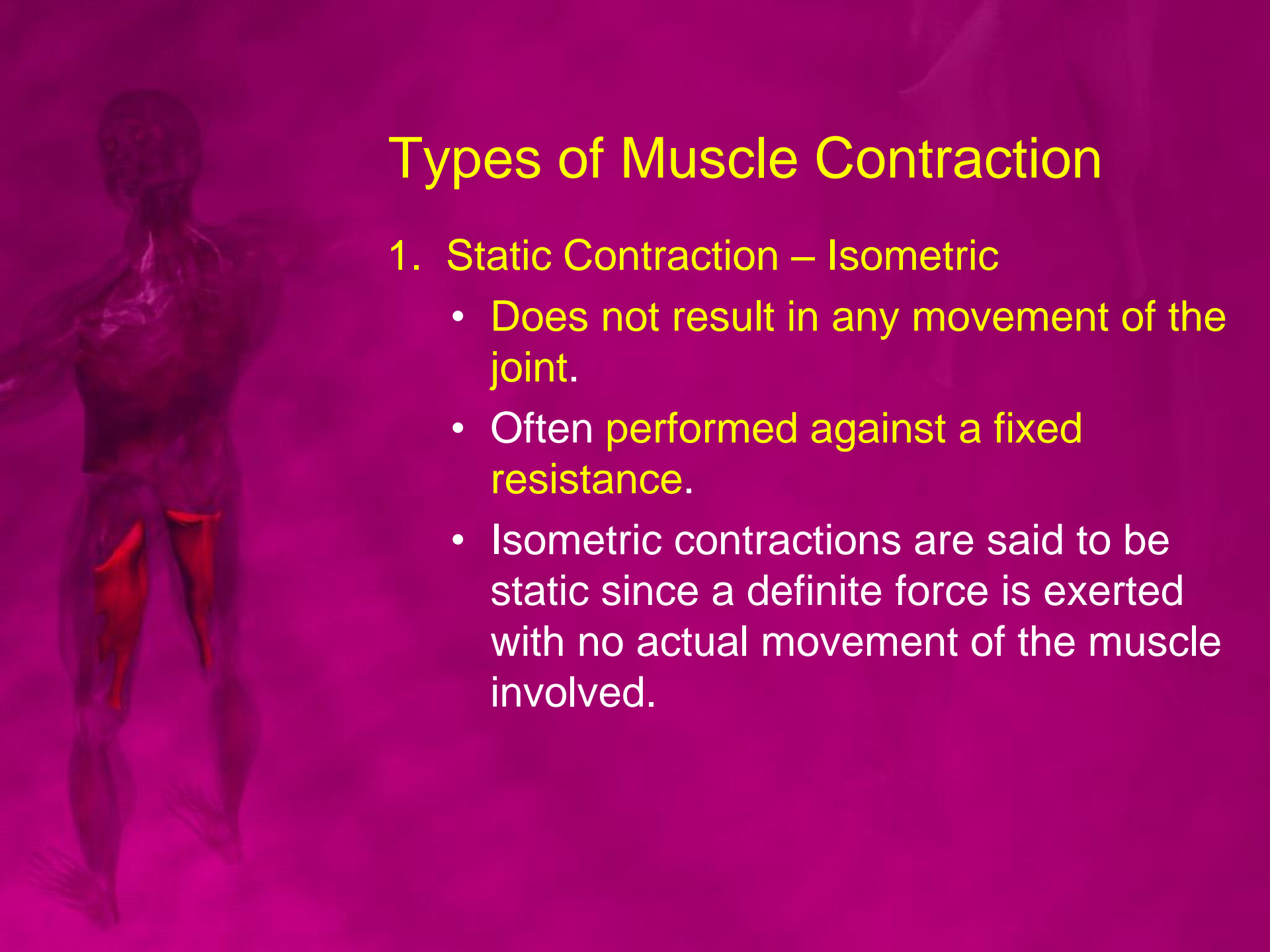
1. Students will complete warm-up.
2. **TO: Identify which muscles control which movement term.**
3. Again, students will color appropriate muscles as a hands on visual aid to use in the future for studying purposes.



Types of Muscle Contraction

1. Static Contraction – Isometric

- Does not result in any movement of the joint.
- Often performed against a fixed resistance.
- Isometric contractions are said to be static since a definite force is exerted with no actual movement of the muscle involved.



Types of Muscle Contraction

2. Dynamic Contraction

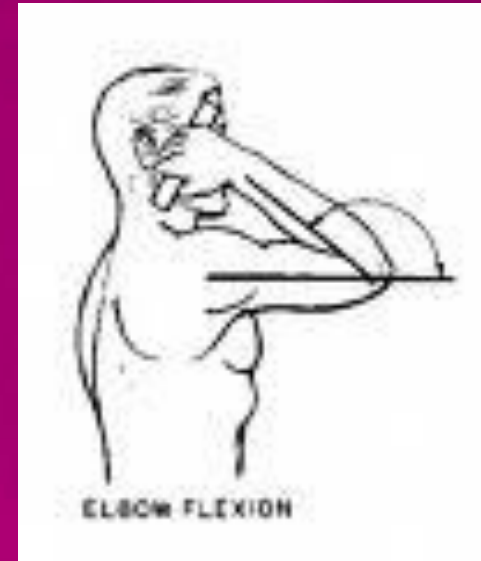
- **Concentric**
 - **Positive work.**
 - **The mm produces tension and is decreasing (shortening) in length.**
 - **Example: doing a biceps curl with a dumbbell.**
- **Eccentric**
 - **Negative work**
 - **The mm produces tension and is increasing in length.**
 - **Example: lowering a dumbbell (elbow extension).**



Movement Terms:

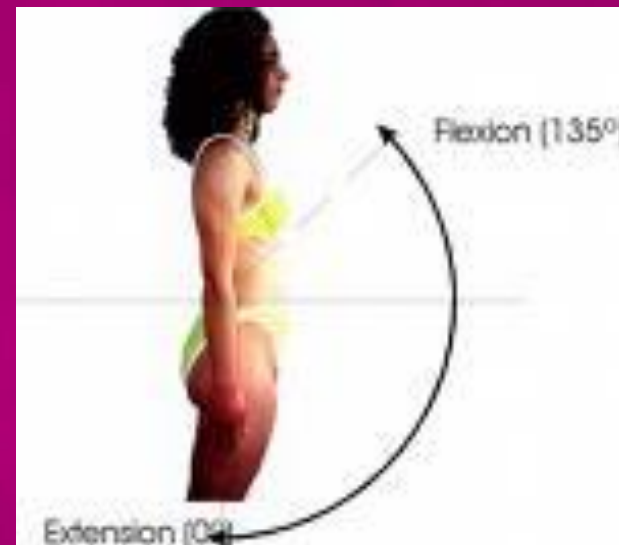
Flexion

- Bending a body part.
 - Biceps, hamstrings, abdominals, deltoids, gastrocnemius, pectoralis major



Extension

- Straightening a body part.
 - Gluteus maximus, quadriceps, triceps, deltoids, latissimus dorsi



Adduction

- “ADD” it to the body.
- Pectoralis Major, adductor longus,



Abduction

- Take it away, abduct it.
- Gluteus medius, deltoid, tensor fascia latae



- **Rotation**

- Turning a body part around its own axis
 - Sternocleidomastoid, External obliques, Infraspinatus, Teres Minor/Major,



- **Scapular Stabilizer**

- Trapezius, Serratus Anterior

