SKELETAL MUSCLES: Group Lesson

The class will be sectioned into 5 groups with 5 members in each. The groups will be:

1. Head and neck
2. Anterior torso
3. Posterior torso
4. Arms
5. Legs

It will be the responsibility of each group to:

1. Identify the major muscles in each area (I can help with this if you have difficulty)
2. Identify the origin and insertion of each muscle
3. Explain and demonstrate the action of each muscle
4. Develop an exercise routine for these muscles - the group will perform this (if weights, etc are needed we can go to exercise room)

E Explain the benefits of strengthening these muscles

F. Explain the overall health benefits of aerobic and anaerobic exercises (there are MANY)

Put your presentation in a KEYNOTE (except for the demos) that can be shared with the class. Your grow will present your work on Thursday.

DUE DATE: THURSDAY NOV 13, 2014