



QUIZ 2

SPORTS MASSAGE & FUNCTIONAL ANATOMY

Questions:

1. Which is the longest muscle in the human body and is also known as the 'tailor's muscle'?
2. Which muscle group in the lower body can cause sciatica and what is the main action they bring about during contraction?
3. Name the muscle in the posterior lower leg that plantarflexes the foot but does not act upon the knee.
4. What is the integumentary system?
5. Which bone helps control the position of the upper limb but has no true articulation with the axial skeleton?
6. Name the 7 tarsal bones
7. What is a contractile unit within a muscle fibre known as?
8. Which two muscles combine and contract to bring about inversion of the foot?
9. Name the muscle that is commonly referred to as the 'abs' or 'six pack', where it attaches, and its' function.
10. Where will you find endomysium and what is its' function?



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Answers:

1. Sartorius flexes and externally rotates the hip and flexes the knee. The name sartorius is derived from the Latin word for "tailor" and the actions combine to place one leg crossed over the other, as used by traditional tailors when working.
2. The Piriformis group consists of 6 muscles that externally rotate the femur when contracting. The sciatic nerve travels under or through piriformis and may be compressed and irritated by tight muscles.
3. Soleus. It originates from the posterior fibula and tibia and inserts via the Achilles tendon into the calcaneum.
4. The integumentary system comprises the skin, sweat glands, sebaceous glands and nails.
5. The scapula is held in position against the thoracic cage by muscles. The glenoid fossa of the scapula articulates with the head of the humerus and the scapula moves around the thoracic cage to facilitate upper limb movements.
6. The acronym "Tiger Cubs Need MILC," may be used to recall the tarsal bones referring to the Talus, Calcaneus, Navicular, Medial Cuneiform, Intermediate Cuneiform, Lateral Cuneiform and the Cuboid bones.
7. A Sarcomere is a single contractile unit within a muscle fibre and contracts via the action of actin and myosin protein filaments overlapping and 'pulling' to shorten the length of the sarcomere.



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8. Tibialis anterior and tibialis posterior contract together to invert the foot.
9. Rectus abdominis spans from the pubis to the cartilage of ribs 5-7 and xiphoid process. It contracts to flex the lumbar spine as when doing a 'crunch' or 'sit-up'. It also helps control position and posture, assists with breathing and particularly forceful exhalation during rigorous exercise. Finally, it helps in maintain intra-abdominal pressure during strenuous activity such as lifting weights.
10. The endomysium is a connective tissue that separates single muscle fibres from one another and allows them to glide over each other during muscle contraction.