**Things to know**

Types of muscle, location of the muscles, and voluntary or involuntary

Functions of the muscular system

Muscle fatigue

Action of these muscles:

* Buccinator
* Zygomaticus
* Frontalis
* Masseter
* Bicep
* Triceps
* Deltoid
* Orbicularis oris
* Orbicularis occuli
* Pectoralis major
* Quadriceps
* Platysma
* Latissimus dorsi
* Sartorius
* Gastrocnemeus

Prime mover, antagonist, and synergists and their function

All movements

Criteria for naming muscles

Tendons and ligaments

Insertion and origin

Sliding filament theory (Actin and Myosin)

Sacromere

**Essay**

(Must be paragraph form) REPEAT MUST BE IN PARAGRAPH FORM

1. Explain the seven criteria that are used in naming muscles and give an example of each.
2. Explain the “five golden rules” of gross skeletal muscle activity.
3. How is a prime mover different from a synergist muscle? How can a prime mover also be considered an antagonist? Give examples