

Levers and Muscle Action

By Lucie Morin
Cégep de Ste-Foy

This activity is aimed at students who are registered in the optional course *Functional Anatomy of the Human Body* (101-FYB-04) offered during in the fourth (or fifth) term of the *Science* program. This exercise is done during time scheduled for theoretical courses or laboratory work. Each team of four people must analyze five simple movements to identify various parameters: the joint involved, the muscle chiefly responsible for the movement (agonist) and its anatomical position (point of origin and insertion). Afterwards, it must specify the type of lever and make a schematic drawing of the lever system involved, clearly identifying the fulcrum, load and force (e.g.: elbow, weight of forearm and hand, biceps brachii, etc.).

After completing the exercise, the teams are invited to address two problem issues that stimulate their reflective thinking process and the reinvestment of newly acquired learnings.