**Body Movement Lab: Lesson Plan**

**Resources**Required resources for students:

● Muscle Premium app from Visible Body

● Body Movement Lab Worksheet

Additional resources for students and teachers:

* This activity focuses on body movements and assumes students have a basic understanding of the language of anatomy. These articles can serve as a refresher of language of anatomy and an introduction to the topic of body movements:

<https://www.visiblebody.com/blog/anatomy-and-physiology-anatomical-position-and-directional-terms>

<https://www.visiblebody.com/learn/muscular/muscle-movements#origins-insertions>

[ttps://www.visiblebody.com/blog/3d-muscular-system-five-common-muscle-actions](https://www.visiblebody.com/blog/3d-muscular-system-five-common-muscle-actions)

**Objectives**At the end of this activity, students will be able to explain specific body movements and demonstrate competency in the following:

1. Compare and contrast various movements and their counter movement.

2. Identify body movements based on visual demonstration.

3. Locate muscles that cause specific movements.

In their answers, students will use the following movements:

* Flexion/Extension/Hyperextension
* Adduction/Abduction
* Pronation/Supination
* Inversion/Eversion
* Dorsiflexion/Plantarflexion
* Retraction/Protraction
* Elevation/Depression
* Rotation

**Introduction**10 minutes: Tell students you will present numerous movements of synovial joints. They should keep in mind that the joint movements are caused by muscles as they pull an insertion point towards an origin.

After your overview presentation, tell students (on their own or in groups) to use the worksheet and the Muscle Premium app to review the body movements and learn the names of the structures involved.

**Student Activity**60 minutes: Students complete worksheet. See answer key.