

Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-09-18

Name

Period

Date

Lesson

Lesson focus

Muscle action analysis

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Analyze agonist and antagonist muscle pairs and revise your model labels. Big idea:
Controlled movement requires paired muscles: an agonist that contracts and an antagonist that resists, with synergists stabilizing the joint.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- sarcomere
- actin
- myosin
- contraction
- tendon
- origin
- insertion
- lever

My notes, examples, and questions

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Cornell Notes - Continued

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Must-know ideas
What should I understand by the end?

- Agonist: the prime mover contracting to produce a specific movement. Antagonist: the muscle on the opposing side that relaxes and resists. Synergist: stabilizes the joint during the movement.
- Classic pair: biceps brachii (agonist, elbow flexion) and triceps brachii (antagonist). Reversed for elbow extension.
- Muscle imbalance between agonist and antagonist pairs is a common cause of overuse injury and movement dysfunction.

My notes, examples, and questions

Process notes
What happens during class?

- 0-8: Intro: agonist, antagonist, synergist definitions with elbow example
- 8-25: Notes: muscle pairing logic and three roles
- 25-45: PLTW online task: muscle pairing
- 45-62: Choose one movement; identify agonist, antagonist, and synergist
- 62-75: Revise Maniken label card to mark roles; submit revised photo or diagram
- 75-80: Class share: which movements produced the most disagreement?

My notes, examples, and questions

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Steps and evidence What do I do and turn in?

- Read the notes on agonist, antagonist, and synergist roles in movement.
- Choose one joint movement and identify the agonist and antagonist muscles.
- Complete the PLTW online task on muscle pairing.
- Revise your Maniken labels to mark each muscle's role in one movement.
- Submit your agonist-antagonist analysis and revised labels.

Evidence: Notebook check - Agonist-antagonist-synergist analysis for one chosen movement, plus a revised Maniken label card showing each muscle's role.

My notes, examples, and questions

Checks for understanding How do I know I got it?

- You can identify agonist and antagonist muscles for a movement.
- You can revise model labels to show muscle roles.

My notes, examples, and questions

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Lab or safety notes
What must I handle carefully?

Supplies:

- Maniken model
- Clay or modeling material for muscle build
- Muscle reference diagrams
- Sculpting tools
- Lab notebook
- Camera or tablet to document the build

My notes, examples, and questions

Summary

Today's lesson focused on Muscle action analysis. The main target was: Analyze agonist and antagonist muscle pairs and revise your model labels. The evidence of learning is Notebook check: Agonist-antagonist-synergist analysis for one chosen movement, plus a revised Maniken label card showing each muscle's role.. In my own words, the most important idea from today is:

My summary

My final question or connection