

Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-09-21

Name

Period

Date

Lesson

Lesson focus

Submit muscle evidence

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Submit the muscles-and-motion evidence set and update your tracker. Big idea: The muscular system works across scales: sarcomere cross-bridge cycling at the molecular level produces the agonist-antagonist coordination visible at the joint level.

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?

- A complete muscle evidence packet must trace the mechanism from sarcomere to whole-muscle action.
- Reflection should connect sliding-filament contraction to the agonist role demonstrated in the Maniken build.
- Muscle physiology vocabulary (sarcomere, actin, myosin, agonist, antagonist) is tested across both the Human Anatomy emphasis and the Evaluate Body Systems emphasis of the WebXam.

My notes, examples, and questions

Process notes
What happens during class?

- 0-8: Intro: rubric review and packet checklist
- 8-30: Gather and date-check all three artifacts
- 30-50: Rubric self-check; fill any gaps
- 50-65: Update weekly tracker
- 65-75: Write two-sentence reflection: sarcomere to movement
- 75-80: Submit packet

My notes, examples, and questions

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Steps and evidence What do I do and turn in?

- Gather your sarcomere diagram, Maniken photo, and muscle-pair analysis.
- Check each against the evidence rubric for labels and accuracy.
- Update the weekly tracker with completed tasks.
- Write a two-sentence reflection on how sarcomeres produce movement.
- Submit the muscle evidence packet for the weekly summative.

Evidence: Tracker entry - Complete muscle evidence packet: sarcomere diagram, Maniken build photos, agonist-antagonist analysis, and two-sentence reflection.

My notes, examples, and questions

Checks for understanding How do I know I got it?

- You can assemble a complete muscle evidence packet.
- You can reflect on the link from sarcomere to motion.

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 Submit muscle evidence. The main target was: Submit the muscles-and-motion evidence set and update your tracker. The evidence of learning is Tracker entry: Complete muscle evidence packet: sarcomere diagram, Maniken build photos, agonist-antagonist analysis, and two-sentence reflection.. In my own words, the most important idea from today is:

My summary

My final question or connection