

# Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2027-02-11

Name

Period

Date

Lesson

## Lesson focus

Maniken muscle build

## Key words and questions

## Prepared details and student notes

**Essential question**  
**What is today's target?**

Build major muscles onto a Maniken model and explain each muscle's action. Big idea: Muscles produce movement by pulling from their origin (fixed point) to their insertion (moving bone); correct placement on a model requires knowing both.

**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?**

- Origin: the proximal or less-movable attachment point of a muscle. Insertion: the distal or more-movable point. Action: the movement produced when the muscle contracts.
- Major muscle groups to recognize: biceps brachii, triceps brachii, quadriceps femoris, hamstrings, gastrocnemius, deltoid, and pectoralis major.
- Accurate placement on the Maniken requires using directional terms (proximal, distal, medial, lateral) from the launch unit.

**My notes, examples, and questions**

**Process notes**  
**What happens during class?**

- 0-10: Safety and materials setup; review assigned muscle group and reference
- 10-20: Roll clay muscles in correct proportions for each muscle
- 20-50: Place muscles on Maniken at correct origin-to-insertion; add labels
- 50-65: Group check against reference; correct misplacements
- 65-75: Photograph labeled build from anterior and posterior
- 75-80: Submit photos; clean up clay and materials

**My notes, examples, and questions**

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#### Steps and evidence What do I do and turn in?

- Review the assigned muscle group and its origin, insertion, and action.
- Roll and place the clay muscles onto the Maniken in correct anatomical order.
- Label each muscle and state the movement it produces.
- Check your build against the reference and fix any misplacement with your group.
- Submit a photo of your labeled Maniken muscle build.

Evidence: Lab report - Two labeled photos of your Maniken muscle build (anterior and posterior views) with each muscle identified and its action stated.

#### My notes, examples, and questions

#### Checks for understanding How do I know I got it?

- You can place major muscles in correct origin-to-insertion position.
- You can state the action each muscle produces.

#### My notes, examples, and questions

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**Lab or safety notes**  
**What must I handle carefully?**

Safety:

- Keep clay away from eyes and mouth.
- Wash hands before and after handling clay.
- Do not use wire or sharp implements inside clay near the model without teacher direction.

Supplies:

- Maniken skeleton model
- Air-dry or oil-based clay (multiple colors recommended for different muscle groups)
- Muscle reference sheet (origin, insertion, action for assigned group)
- Toothpicks or skewers for attachment
- Label flags or sticky notes
- Camera or phone for photos

**My notes, examples, and questions**

## Summary

Today's lesson focused on Maniken muscle build. The main target was: Build major muscles onto a Maniken model and explain each muscle's action. The evidence of learning is Lab report: Two labeled photos of your Maniken muscle build (anterior and posterior views) with each muscle identified and its action stated.. In my own words, the most important idea from today is:

**My summary**

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My final question or connection