

Maniken muscle build

Your goal: Build major muscles onto a Maniken model and explain each muscle's action.

One product: Two labeled photos of your Maniken muscle build (anterior and posterior views) with each muscle identified and its action stated.

Question: Can every muscle label be traced to named attachments and a stated action?

Start the work

Distinguish a physical health harm from an unfair pressure on competitors.

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

If access or assigned inputs are missing, save your work and tell the teacher. Ask for the actual build and official-task directions. Take both required photographs of your own build, then check that Schoology shows Submitted after uploading. The paper plan does not replace the build or photographs.

Words you will use

anatomical position

Reference pose: upright, facing forward, arms at the sides and palms forward. You may describe it while seated.

anterior

Toward the front of the body.

posterior

Toward the back of the body.

proximal

Nearer where a limb joins the trunk.

distal

Farther from where a limb joins the trunk.

medial

Toward the body's midline.

lateral

Away from the body's midline.

superior

Toward the head.

inferior

Toward the feet.

superficial

Nearer the body surface.

deep

Farther from the body surface.

muscle

Tissue that develops tension; this lesson maps skeletal muscles.

tendon

Connective tissue that connects a muscle to an attachment, commonly a bone.

head of a muscle

A distinct attachment portion of a muscle that joins its shared muscle or tendon.

origin

Conventional name for an attachment, often the more proximal or relatively stable one in a described movement.

insertion

Conventional name for the other attachment, often more distal or relatively mobile in a described movement.

action

A movement a muscle can contribute to at a named joint.

elbow flexion

Bending the elbow so the angle between arm and forearm becomes smaller.

elbow extension

Straightening the elbow so that angle becomes larger.

supination

Rotation of the forearm toward the palms-forward position in anatomical position.

scapula

The shoulder blade; it carries the shoulder socket and attachment landmarks.

humerus

The bone between shoulder and elbow.

radius

The forearm bone on the thumb side in anatomical position.

ulna

The forearm bone on the little-finger side in anatomical position.

glenoid cavity

The socket on the lateral scapula that meets the humeral head.

coracoid process

A forward-projecting hook on the scapula, near and above the shoulder socket.

supraglenoid tubercle

A small attachment prominence just above the glenoid cavity.

infraglenoid tubercle

An attachment prominence just below the glenoid cavity.

radial tuberosity

A raised area near the proximal radius, just below its neck, used here as an insertion landmark.

olecranon

The proximal posterior projection of the ulna that forms the elbow tip.

coronoid process of ulna

A projection on the anterior proximal ulna below its joint notch; distinct from the scapula's coracoid process.

shaft

The long central portion of a bone.

cutaway

A view that reveals a deeper structure; label it so it is not mistaken for a surface view.

schematic

A simplified map of relationships, not an exact-scale image.

Submission check

After uploading, check that Schoology shows Submitted; ask for help if it does not.

H1: Choose one route and preserve the actual product

Actual route: when the teacher supplies the assigned muscle set, precise reference, materials and supervised directions, complete that build. It replaces every original paper task below. Do not add a duplicate practice map.

Without those inputs, complete one two-view paper placement plan using this declared practice set: biceps brachii and triceps brachii. These two muscles are not a claim about the teacher's assigned set. Follow the teacher's actual build directions separately; the paper plan does not replace the build.

The actual product requires TWO labeled photos of the real Maniken build, one anterior and one posterior, with each assigned muscle and its action. A paper map is preparation, not either photograph or a completed physical build.

Opening check: anterior means front; posterior means back. Both practice panels represent the same right upper limb. Name the two views and explain why a drawing cannot establish that clay was placed. H1 supplies the opening facts.

L1: Locate the named landmarks before drawing

Use anatomical position as the reference; you do not need to stand or move your arm. The right limb belongs to the person represented, not the viewer. Label shoulder, elbow and trunk side first.

At the shoulder, draw a small scapula socket region next to the proximal humerus. Mark the glenoid cavity. Put the supraglenoid tubercle above it, infraglenoid tubercle below it, and coracoid process projecting toward the front. These are named attachment landmarks, not three interchangeable dots.

The humerus runs from shoulder to elbow. Below the elbow, show both forearm bones: radius on the thumb/lateral side, ulna on the little-finger/medial side. Mark radial tuberosity near the top of the radius. Mark olecranon at the back of the proximal ulna. Keep the labels connected to their bones.

On the posterior humeral shaft, distinguish its lateral region from its medial region nearer the trunk. The lower half is distal to the shoulder. These regions locate the two humeral triceps origins in T1. The long-head origin is on the scapula, not the humerus.

Each drawing is an explanatory attachment map. Use a labeled callout for a landmark hidden from that view; do not pretend that every attachment is visible on the surface. Locations are schematic, with no size or build-proportion measurement. Sources: OS-BONES and OS-GIRDLE.

A1: Anterior practice muscle

Biceps brachii lies at the front of the upper arm. Its short head originates at the scapula's coracoid process; its long head at the supraglenoid tubercle. Both contribute to the muscle leading to the radial tuberosity. This is the bony insertion used in this practice, not an exhaustive tendon map.

Actions assessed here: elbow flexion and forearm supination. Name both, but do not test force or range. Source: UAMS-MUSCLES.

On the anterior paper panel, draw two labeled origin branches joining one muscle band in front of the humerus, then a connector to the radial tuberosity. Mark short head, long head, common muscle, bony insertion and both actions. This is a connection diagram, not a depiction of the full tendon course.

T1: Posterior practice muscle

Triceps brachii occupies the back of the upper arm. Long head: origin at the infraglenoid tubercle. Lateral head: posterolateral humerus. Medial head: posteromedial region of the lower half of the humerus. Their shared tendon inserts at the olecranon of the ulna. This practice lists the principal bony regions, not every soft-tissue attachment.

Action assessed here: elbow extension. The long head also has shoulder actions, outside this practice check. Source: UAMS-MUSCLES.

On the posterior panel, show three labeled origin branches joining toward the olecranon insertion. Label the medial-head branch “deep, shown as a cutaway” using a dashed line. Name each head and its origin, shared insertion and elbow action. Do not draw the three heads as unrelated muscles or claim all are equally exposed at the surface.

Q1: Check one two-view paper plan

Original route: name both views, the right limb and trunk side. Anterior panel: check two scapular origins, the radial insertion and both A1 actions. Posterior panel: check one scapular and two humeral origins, the ulnar insertion and T1 action.

Trace each connector from its named origin to its named insertion. Check that biceps ends on radius and triceps on ulna. Head names must remain tied to their individual origins. A list without attachment connections is not the placement plan.

If stuck, begin with the four bone names and one origin-to-insertion connection. Then restore all remaining heads, the second view and action labels. Use a seated verbal explanation or labeled text-node diagram if detailed drawing is difficult; preserve all connections.

Check alone against A1/T1, or compare with a partner when available. Correct a mismatch or explain why one checked connection is accurate on the same map. No extra report is required.

Actual route: compare the real build with the assigned reference and teacher criteria instead; skip the fictional practice checks. Do not claim a physical correction occurred unless it did. A paper check does not validate clay placement, motion, force or health.

P1: Check the build, photographs and upload separately

Use eleven separate checks: assigned muscle set; actual attachment reference; materials/model; teacher setup and supervision; assigned build/rubric requirements; actual placement; actual reference check/correction; anterior build photo; posterior build photo; official task; Schoology submission. Note evidence from work you actually do or a specific next action. Note brief non-private evidence from a check you performed or a specific next action.

Begin brief checks and next actions during work and update only changes. Use an existing record if available. The paper plan does not demonstrate an actual build. Do not stage photographs, invent a partner check or claim required equipment is available.

Only follow teacher-approved physical setup, tools, materials and cleanup directions. This paper preparation authorizes no handling or practical procedure. Genuine photos should show the assigned build with readable labels using the approved route; keep people and private information out of this preparation.

Confirm the actual enrolled Activity 1.2.2 Makeup of a Muscle task and stopping point. Neither is evidence of access or official completion.

Both sections use Wk6 Lab report: Maniken muscle build. Section 1292 uses 8544569642; section 6792 uses 8544569667. Confirm current directions and deadline. If access is blocked, save locally and tell the teacher. Check Schoology after uploading. The actual product still requires both photos; a paper plan does not satisfy it.

M1: A different anterior-muscle connection model

Optional method model, not a third assigned practice muscle: brachialis is deep to biceps. The supplied reference places its origin on the anterior lower half of the humerus and its insertion at the ulna's coronoid process. It contributes to elbow flexion. Source: UAMS-MUSCLES.

Worked map: title "Anterior right limb, cutaway." Label the lower anterior humerus O and the coronoid process on proximal ulna I. Connect O to I with a band labeled brachialis, deep to biceps. Add "action: elbow flexion." The callout makes the hidden depth explicit.

Worked check: the distal connector reaches ulna, matching this model reference; a connector to radius would not match. This check concerns the paper model only. It does not prove a real build, activation or a measured movement.

Use this naming-and-tracing method with A1/T1 if on the original route. Actual-route learners use their assigned reference instead. Do not add a brachialis build or another submission.

Try the decision

Original route only: a paper biceps connector ends on the olecranon. What should the paper check do? Actual route: use the assigned reference and genuine build instead; skip this fictional decision.

- Compare A1 with the connector and correct it to the radial tuberosity, labeling this a paper revision.
- Keep the connector on the olecranon because both targets are near the elbow.
- Claim that correcting the drawing proves the actual Maniken build was corrected.

Explain your choice using the reading. Discuss it or say it to yourself. This practice does not add another submission.

Your 80-minute flow

0–10 minutes	Read H1 and orientation definitions. Choose the teacher-selected route and identify missing inputs to request.
10–20 minutes	Original route: read L1/A1/T1 and plan connections on paper; M1 is optional method help. Actual route: teacher-directed materials/preparation instead.
20–50 minutes	Original route: complete both paper views and actions. Actual route: supervised placement and labels from the assigned reference instead.
50–65 minutes	Original route: use Q1 for a solo or partner paper check. Actual route: check and correct the real build against its assigned reference.
65–75 minutes	Actual route: capture the two genuine build views according to teacher directions. Original route: review both paper views and use photographs only from your actual build; the paper views do not replace the two required photographs.
75–80 minutes	Use the confirmed section route or save locally; update changed checks and next actions and explain one evidence limit. Actual physical cleanup follows teacher directions only.

Your response record

Use these labels on paper or in your document. The space below also works when this page is printed.

Both routes: name the evidence boundary

Name the two views from H1 and explain what a paper drawing cannot establish.

Use H1 only. No prior sarcomere task or physical movement is required.

Use this space or the same labeled section in your existing document. Add paper when your table, graph or drawing needs more room.

Original route only: anterior placement plan

Use L1 and A1 to map both biceps heads to their origins and shared bony insertion; label actions and orientation.

Actual route: the assigned supervised build/reference replaces this paper panel. Do not create a duplicate fictional map.

Use this space or the same labeled section in your existing document. Add paper when your table, graph or drawing needs more room.

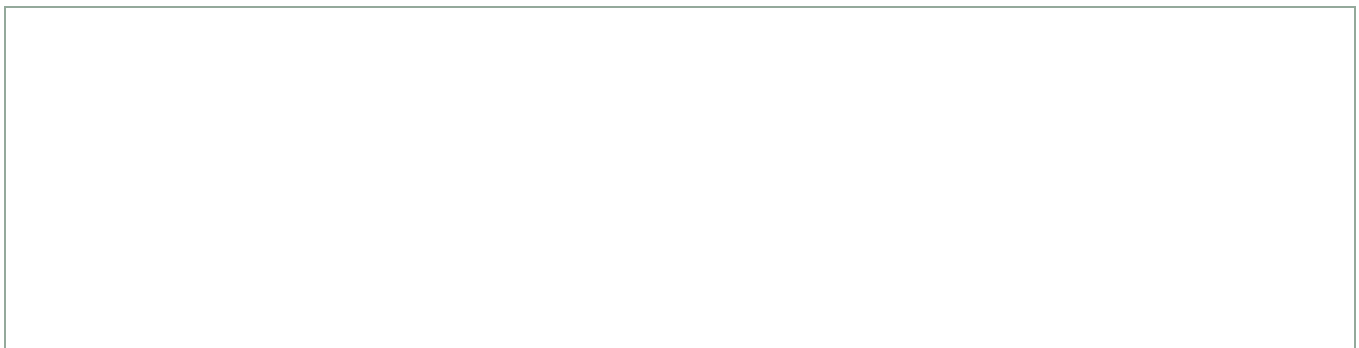


Original route only: posterior placement plan

Use L1 and T1 to map three triceps heads, their origins and shared insertion. Label the deep cutaway and action.

Actual route: use the assigned build and teacher criteria instead; skip this original paper panel.

Use this space or the same labeled section in your existing document. Add paper when your table, graph or drawing needs more room.



Both routes: check the same product

Original route: trace each connection against A1/T1; correct one mismatch or justify a checked connection.

Actual route: check the real build with the actual reference instead, recording only corrections that occurred. No duplicate paper check.

Use this space or the same labeled section in your existing document. Add paper when your table, graph or drawing needs more room.

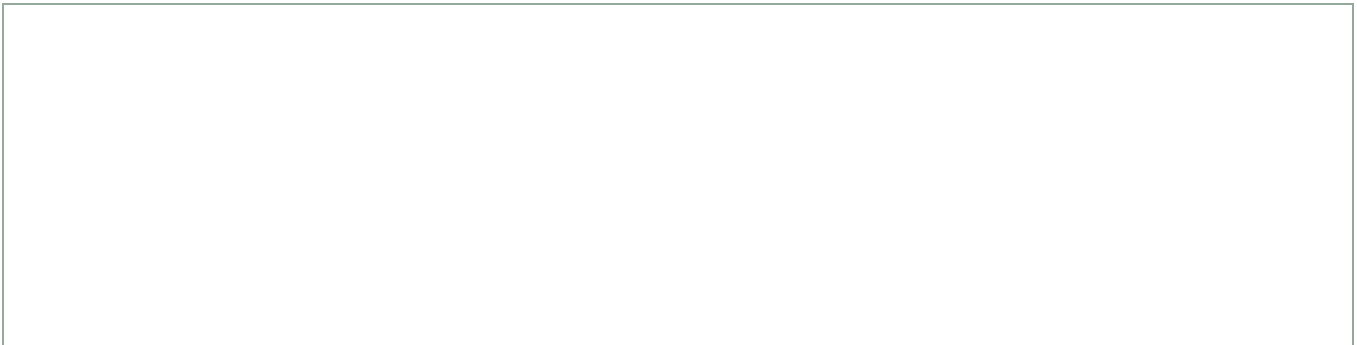


Both routes: checks and next actions

Use P1's eleven checks briefly in this plan or your existing record; note a specific next action where needed.

A paper map is not a photo or a physical build. Use photographs of your own work, follow the teacher's supervision and official-task directions, and check Schoology after uploading.

Use this space or the same labeled section in your existing document. Add paper when your table, graph or drawing needs more room.



Both routes: final evidence check

Name one labeled attachment/action pair and one thing your chosen-route evidence does not establish.

Use the same product. Actual route uses genuine build evidence instead of A1/T1; no extra exit submission.

Use this space or the same labeled section in your existing document. Add paper when your table, graph or drawing needs more room.

Check your product

- Original route: one anterior and one posterior paper panel show the same right limb with labeled orientation and landmarks.
- Original route: all two biceps and three triceps head origins, the two bony insertions and stated actions match A1/T1; hidden depth is labeled.
- Actual route: the assigned muscles, real build, teacher criteria and TWO actual build photos replace all original paper requirements; paper work is not formal build completion.
- Both routes: note only checks you perform. Follow supervision requirements, keep your photographs and official-task evidence separate, and check Schoology after uploading.

Keep the limit: The paper attachment map shows supplied anatomical relationships. It cannot demonstrate a physical Maniken build, actual photographs, muscle activation, force, clinical function or official completion.

Turn in your work

Actual product: TWO labeled photos of the actual assigned build, anterior and posterior, with muscle identities and actions. Section 1292 uses 8544569642; section 6792 uses 8544569667. Confirm current directions and deadline. Original paper work remains preparation; ask the teacher how to retain it without claiming build completion.

If access or assigned inputs are missing, save your work and tell the teacher. Ask for the actual build and official-task directions. Take both required photographs of your own build, then check that Schoology shows Submitted after uploading. The paper plan does not replace the build or photographs.

[Section 1292: Wk6 Lab report: Maniken muscle build](#)

[Section 6792: Wk6 Lab report: Maniken muscle build](#)

Carry forward

Name the view, trace the attachments, and state the action; a paper placement plan does not prove a physical build.

On February 24, use attachment and action labels in Muscle action analysis. How does a muscle's action help determine its role in a named movement?

Sources and resources

[Open today's page](#)

UAMS-MUSCLES · Muscles of the Upper Limb

University of Arkansas for Medical Sciences, Department of Neuroscience

<https://medicine.uams.edu/neuroscience/education/medical-school-courses/human-structure-module/anatomy-tables/muscle-tables/muscles-of-the-upper-limb/>

OS-BONES · Bones of the Upper Limb

OpenStax Anatomy and Physiology 2e, section 8.2

<https://openstax.org/books/anatomy-and-physiology-2e/pages/8-2-bones-of-the-upper-limb>

OS-GIRDLE · The Pectoral Girdle

OpenStax Anatomy and Physiology 2e, section 8.1

<https://openstax.org/books/anatomy-and-physiology-2e/pages/8-1-the-pectoral-girdle>

OS-MUSCLES · Muscles of the Pectoral Girdle and Upper Limbs

OpenStax Anatomy and Physiology 2e, section 11.5

<https://openstax.org/books/anatomy-and-physiology-2e/pages/11-5-muscles-of-the-pectoral-girdle-and-upper-limbs>