**PUMP IT UP Muscle Assignment**

Adapted from:

<http://www.biologycorner.com/anatomy/muscles/pumpitup.html>

## Instructions:

Each person will be assigned a specific muscle. You will now need to visit a few websites to help you understand the location of these muscles and exercises to help you increase muscle strength.

Project Goals:

* **A short introduction** on why maintaining muscles strength is important (see articles below)
  + “Tips to Build Muscle Mass at any age”
    - <http://www.msnbc.msn.com/id/20515088/>
  + “Effects of Aging”
    - <http://orthoinfo.aaos.org/topic.cfm?topic=A00191&return_link=0>
  + “Women and Physical Activity, the Importance of Strength Training”
    - <http://www.portal.state.pa.us/portal/server.pt?open=514&objID=557559&mode=2>
* Research the assigned muscle from your “Packet of Knowledge”. For origin and insertion keep it SIMPLE. Ask if you have a question, ask Ms. S.
* Identify an EXERCISE to work out that specific muscle. Be able to demonstrate ☺ (there are website resources for this at the link on the top of the page, just look at the “website resources” at the bottom).
  + You can demonstrate during your presentation, OR use a “Workout video” where you go through explaining each exercise and demonstrating.

**Group Presentation**: Create a powerpoint or Prezi to use during your class presentation. The presentation should include :

* + Origin and insertion (location) of each muscle with a picture
  + Movements allowed (flexion, extension, abduction…etc.)
  + Demonstrate an exercise to strengthen that muscle OR embed your exercise video clip into the powerpoint or prezi. EVERYONE in your group must be a part of this video or during demonstration
    - For this part, we will not be using real weights, due to safety reasons, but you can make a mini-props, such as dumbbells, or use a yardsticks..etc

**Attach and Email this powerpoint to me the day before your presentation at** [haleym.shust@cms.k12.nc.us](mailto:haleym.shust@cms.k12.nc.us)

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