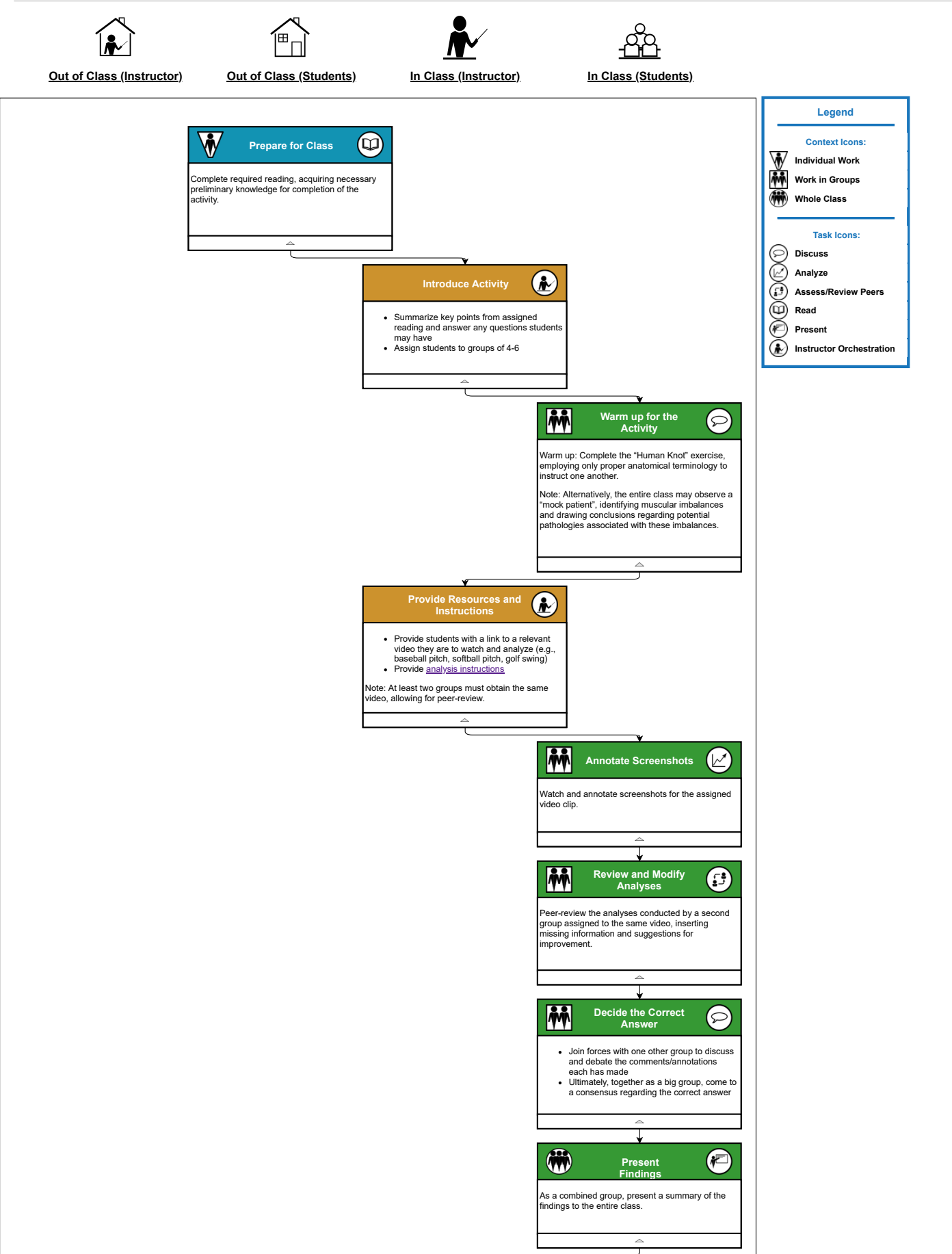


Muscle Videos

By Tim Miller

Description:

In this single-class activity, students watch and analyze a video of an athlete in motion. They learn to apply their knowledge of physiology to analyze movements, determining which muscles are used and to employ precise terminology when referring to muscles and muscle groups. See a full description [here](#).



Summarize Activity



Follow up with comments, highlighting key points and answering any questions students may have.

