

What Are the Major Skeletal Muscles?

Worksheet

Major skeletal muscles are the large, named voluntary muscles - such as the deltoid, pectoralis major, biceps brachii, rectus abdominis, gluteus maximus, and quadriceps femoris - that attach to bone via tendons and produce movement by contracting.

Questions

1. Which muscle is the prime mover for knee extension?
 - A) Hamstrings
 - B) Gastrocnemius
 - C) Quadriceps femoris
 - D) Gluteus maximus
2. Which muscle is the antagonist of the biceps brachii?
 - A) Deltoid
 - B) Triceps brachii
 - C) Trapezius
 - D) Pectoralis major
3. What is the main action of the gluteus maximus?
 - A) Ankle dorsiflexion
 - B) Hip extension
 - C) Elbow flexion
 - D) Shoulder abduction
4. Which muscle allows you to point your toes downward (plantarflexion)?
 - A) Tibialis anterior
 - B) Gastrocnemius
 - C) Quadriceps femoris
 - D) Rectus abdominis
5. Which muscle group would you strengthen to improve a squat, and why?
6. Name the muscle responsible for elbow flexion when doing a bicep curl.
7. Which muscle opposes the biceps brachii, and what does it do?
8. Define: What is the body's largest muscle?
9. Define: What does the deltoid do?
10. Define: What are the quadriceps femoris?

Answer Key

1. C) Quadriceps femoris - The quadriceps femoris group extends the knee joint.
2. B) Triceps brachii - The triceps brachii extends the elbow, opposing the biceps' flexion.
3. B) Hip extension - The gluteus maximus is the primary hip extensor, key in standing up and climbing stairs.
4. B) Gastrocnemius - The gastrocnemius (calf muscle) plantarflexes the ankle.
5. The squat is primarily a knee- and hip-extension movement. Quadriceps femoris extends the knee. Gluteus maximus extends the hip. Both are the prime movers loaded in a squat.
6. Elbow flexion pulls the forearm toward the upper arm. Biceps brachii is the primary flexor of the elbow. Brachialis assists as a synergist.
7. The triceps brachii is the antagonist to the biceps brachii. It has three heads (long, lateral, medial). Its action is elbow extension.
8. The gluteus maximus, which extends and laterally rotates the hip.
9. Abducts the arm at the shoulder; its anterior and posterior fibers also flex and extend the shoulder.
10. A four-part muscle group (rectus femoris, vastus lateralis, medialis, intermedius) on the front of the thigh that extends the knee.

Bounlu

All cards, step-by-step solutions and an AI tutor are in the Notek app.
Promy turns exam dates into automatic reminders.