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Label the muscles and associated structures in the following diagrams by writing the names of the labeled parts in the spaces provided. After labeling, color-code the muscles to help you to distinguish them.

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NASM-CPT Study Guide Joint receptors—respond to pressure, acceleration, and deceleration of joints. Golgi tendon organs (GTO)—sense changes in muscular tension. Muscle spindles—sense changes in muscle length. The Muscular System Tendons—connect muscle to bone; provide anchor for muscles to produce force.

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Including numerous views, cross-sections, and other diagrams, this entertaining instruction guide includes careful, scientifically accurate line renderings of the body's organs and major systems: skeletal, muscular, nervous, reproductive, and more. Each remarkably clear and detailed illustration is accompanied by concise, informative text and suggestions for coloring. 43 plates.

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of human anatomy and physiology. Using these analogies, students can take things they already know from experiences in everyday life and apply them to anatomical structures and physiological concepts with which they are unfamiliar. The study guide offers a variety of learning activities for students such as, labeling diagrams, creating their own drawings, or coloring existing black-and-white illustrations to better understand the material presented.

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Updated to include quick reference tables, an overview of the gross anatomy of the body area and the nerve pathways that are most relevant, and a new chapter on the pelvic floor muscles, the fourth edition of this authoritative, best-selling book offers a comprehensive introduction to the muscular system. This newly revised fourth edition of *The Concise Book of Muscles* is a comprehensive guide to the major muscle groups. Fully illustrated with more than 500 drawings, and easy to use, this compact reference provides a complete profile for each muscle, clearly showing its origin, insertion, nerve supply, and action, the movements that use it, and, where appropriate, exercises that stretch and strengthen it. The book's distinctive quick-reference format shows students exactly how to locate and identify specific muscles, highlighting those that are heavily used and therefore subject to injury in a variety of sports and activities. Each muscle chapter now includes an overview of the gross anatomy of the body area to show bony landmarks, cross-sections

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of muscle layers, and points of attachment as well as a quick reference table and an overview of the nerve pathways that are most relevant. The book also includes a new chapter on the pelvic floor muscles--of particular interest to those studying or practicing yoga and Pilates--as well as a 20"x35" detachable muscle wall chart. While designed for the student and beginning practitioner of anatomy, massage, bodywork, physical therapy, chiropractic medicine, physiotherapy, yoga, and Pilates or any other health-related field, The Concise Book of Muscles is equally useful for athletes and anyone interested in the workings of the human body.

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Concepts -Assessment -Program Design -Exercise Technique and Training Instruction -Client Relations and Behavioral Coaching -Professional Development and Responsibility -Practice Questions -Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM-CPT Exam. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the NASM-CPT Exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

Addressing the functional anatomy of muscles, this work uses an interactive learning approach in which the reader is required to shade or highlight the muscles where indicated on skeletal outlines.

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A general chapter on muscle and movement is followed by others in which each muscle is detailed and placed in the context of the joint over which it operates. Features of the text include practical exercises and muscle tests to demonstrate the function of each muscle, learning instructions and discussion points for use when studying with a colleague, and translations of the Latin names.

Designed to accompany 'Human Form, Human Function', this student workbook offers chapter overviews, chapter objectives, focus questions, mastery tests, study activities, and mastery test answers.

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