

# Muscle Research: What Muscle Am I?

**Task:** Your job is to research the muscle you picked. You need to find information on the following:

**2 points each**

**Points Earned** \_\_\_\_\_

- the location of the muscle; where it is on the human body
- the naming of the muscle; what does the name tell you about that muscle
- the fascicle arrangement of the muscle [convergent, parallel, fusiform, etc]
- where the muscle originates
- where the muscle inserts
- the action of the muscle; what the muscle moves
- the type of muscle movement [flexion, extension, abduction, adduction, etc]
- what other muscle it works with; is it part of a group?
- the type of injuries the muscle is prone to
- additional info; “fun facts”

In addition, your final report should be written in the first person – you are the muscle  
Your report should be creative but scientifically correct. Make sure you proof read your paper.

**Points Earned** \_\_\_\_\_

Task	Exceeds Proficiency 4	Demonstrates Proficiency 3	Nearly Meets Proficiency 2	Is Not Proficient 1	Missing 0
<b>Researched Information</b> LS1-1 LS4	Information provided was extremely detailed and required extensive research. Provided examples that enhanced the reader's understanding	Information provided enough detail to complete task requirements and provide reader with a clear understanding	Some of the Information provided lacked details required for a clear understanding	Most of the Information provided lacked details; information was confusing	
<b>Scientific Facts and Additional Information</b> W-10-5.6	Included many accurate facts that required extensive research	At least three additional accurate facts were given	At least two accurate facts given/ or contained one minor error	One additional fact /major errors	
<b>Originality</b> W-10-7.3	All sections are in the first person/ clearly written in student's own words	Written in the first person / mostly written in student's own words	Some sections not in first person/ not in student's own words	Not in the first person/ mostly copied from source	
<b>Writing Mechanics</b> W-10-9.1 to W-10-9.5	Does not contain any grammatical or spelling errors	Contains minor grammatical or spelling errors	Contains two or more major grammatical or spelling errors	Contains many grammatical or spelling errors	
<b>Sources Cited</b> W-10-3.3 W-10-6.5	More than three sources cited correctly	Three sources cited correctly	two sources / or incorrect format	One source/ incorrect format	
<b>Class Presentation</b> OC-10-2.1 OC-10-2.4	An exception job presenting material. Did not read from notes, presented additional information; able to correctly answer all questions	A good job presenting material, relied on notes but did not read from them; was able to answer most questions	Most of the material presented was read from notes; was not able to answer most of the questions asked	Did not present their research to the class	

**Possible Points = 44**  
**Points for 100% = 40**

**Points Earned: \_\_\_\_\_ / 40**

**GRADE:**