**Exercise Science**

**Origin, Insertion, and Function Partner Presentations**

**(aka. O.I.F. Partner Presentations)**

**32 Marks**

The Task: You and a partner will be **assigned a group of muscles.** It is then **your responsibility to research and study the origin, insertion and function of each muscle** on your list. Using this information, the two of you will become **“experts” on your designated muscles** and responsible to **present and teach the O.I.F.’s** to the rest of the class. **On presentation day** the two of you will be required to stand at the front of the class with “Skelly” and **show the class the origin and insertion of each muscle on your list and create the movement it creates.** This will be awesome!

Note: You are not required to hand in any paperwork for this presentation.

You will be marked using the rubric on the back of this page.

**Hint: · Make an effort not to read directly from your workbook, we can all do that! We**

**want to learn what you learned – BE THE EXPERT!**

 **· Know where the origin and insertion are exactly.**

 **· Relate the movement you are demonstrating to an everyday movement to help the**

**class learn!**

 **· Be prepared to answer questions.**

 **· This is a grade 12 class, present like a grade 12!**

 **· DYJ! DO YOUR JOB! In your group take the initiative to commit to your portion**

**of the project. Don’t be selfish!**

**The Muscle Groups are:**

**Name Number of Muscles Pg**

A. Muscles of the Neck and Vertebral Column 5 47

Deep Muscles of the Vertebral Column 3 47

B. Muscles of the Thoracic Cage 3 49

Muscles of the Abdomen 3 49

Muscles Acting on the Upper Limb 2 51

C. Muscles of the Rotator Cuff 4 51

Muscles that Position the Scapula 5 53

D. Scapular Muscles that Move the Humerus 3 53

Elbow Flexors and Extensors 5 55

E. Supination and Pronation of the Forearm 3 55

Hip Flexors and Extensors (Posterior Hip Muscles) 5 59

F. Hip Flexors and Extensors (Anterior Hip Muscles) 2 59

Hip Adductors 5 59

G. Anterior Thigh – Quadricep Group 4 61

Posterior Thigh – Hamstring Group 3 61

**Exercise Science 30**

**Origin, Insertion, and Function Presentations**

**Presentation Rubric**

**Student Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mark: \_\_\_\_\_/32**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CATEGORY | 4 | 3 | 2 | 1 |
| Preparation | Students is completely prepared and has obviously rehearsed. | Student seems pretty prepared but might have needed a couple more rehearsals. | The student is somewhat prepared, but it is clear that rehearsal was lacking. | Student does not seem at all prepared to present. |
| Content | Shows a full understanding of the topic. | Shows a good understanding of the topic. | Shows a good understanding of parts of the topic. | Does not seem to understand the topic very well. |
| Comprehension | Student is able to accurately answer almost all questions posed by classmates about the topic. | Student is able to accurately answer most questions posed by classmates about the topic. | Student is able to accurately answer a few questions posed by classmates about the topic. | Student is unable to accurately answer questions posed by classmates about the topic. |
| Enthusiasm | Facial expressions and body language generate a strong interest and enthusiasm about the topic in others. | Facial expressions and body language sometimes generate a strong interest and enthusiasm about the topic in others. | Facial expressions and body language are used to try to generate enthusiasm, but seem somewhat faked. | Very little use of facial expressions or body language. Did not generate much interest in topic being presented. |
| Posture and Eye Contact | Stands up straight, looks relaxed and confident. Establishes eye contact with everyone in the room during the presentation. | Stands up straight and establishes eye contact with everyone in the room during the presentation. | Sometimes stands up straight and establishes eye contact. | Slouches and/or does not look at people during the presentation. |
| Collaboration with Peers | Almost always listens to, shares with, and supports the efforts of others in the group. Tries to keep people working well together. | Usually listens to, shares with, and supports the efforts of others in the group. Does not cause "waves" in the group. | Often listens to, shares with, and supports the efforts of others in the group but sometimes is not a good team member. | Rarely listens to, shares with, and supports the efforts of others in the group. Often is not a good team member. |
| Volume | Volume is loud enough to be heard by all audience members throughout the presentation. | Volume is loud enough to be heard by all audience members at least 90% of the time. | Volume is loud enough to be heard by all audience members at least 80% of the time. | Volume often too soft to be heard by all audience members. |
| Speaks Clearly | Speaks clearly and distinctly all (100-95%) the time, and mispronounces no words. | Speaks clearly and distinctly all (100-95%) the time, but mispronounces one word. | Speaks clearly and distinctly most ( 94-85%) of the time. Mispronounces no more than one word. | Often mumbles or can not be understood OR mispronounces more than one word. |