LBHS A&P –H
Mrs. Nieto’s Muscle t-Shirt Project from _________________________ A&P Period ___

Directions. The muscles from the Mater List should be represented on the project t-shirt. The list below shows the view in which the muscle is seen. In order to show the most muscles on one t-shirt, indicate the superficial muscles on one side (right) and deep muscles on the other (left). The more you do the more points you can earn. The correct shape and location is critical to earning these points. Each muscle (22) is worth 2 pts = 44 pts

Represent the approximate size of the muscle compared to the size of the person wearing the shirt = 10 pts
Muscles must be correctly identified by colors or numbers and a correlated KEY provided = 20 pts
The art work must be neatly done = 10 pts
Students are responsible for obtaining each of their classroom teacher’s signatures on the A&P T-shirt Grade Sheet during their assigned period. No student will be allowed to leave the A&P classroom to obtain a signature. The Grade Sheet is due during the student’s A&P class on the day assigned by the A&P teacher.

Wearing it all day = 16 points   Total project points possible = 100

Teacher’s Verification Sheet
Teachers, please check the appropriate box and provide your signature in the last column of the chart below. The student, ____________________________, wore his/her muscle t-shirt in class on May 9, 2008 as indicated by my signature below.

<table>
<thead>
<tr>
<th>Period</th>
<th>Worn for less than half the period (2 pts)</th>
<th>Worn for more than half the period (3 pts)</th>
<th>Worn for the whole period (4 pts)</th>
<th>Student to Print Teacher’s Names in this column</th>
<th>Signature</th>
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</tbody>
</table>

Student’s Total Pts for wearing t-shirt   = __________/16 pts

Anterior Trunk
  ▪ Superficial (5)
    ○ Pectoralis major
    ○ Deltoid
    ○ Serratus anterior
    ○ Latissimus dorsi
    ○ Aponeurosis of External oblique
  ▪ Deep (5)
Muscle t-shirt direction and points.doc

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- Pectoralis minor
- Intercostals, interior
- Rectus abdominis
- Internal oblique
- Transversus abdominis

**Posterior Trunk**
- Superficial (3)
  - Trapezius
  - Deltoid
  - Latissimus dorsi
- Deep (4, not on Master List)
  - Infraspinatus
  - Teres minor
  - Teres major
  - Rhomboideus major

**Arms, short sleeves**
- Anterior (4)
  - Deltoids
  - Pectoralis major
  - Biceps Branchii, short and long heads
  - Brachialis
- Posterior (2)
  - Deltoids
  - Triceps brachii

**Arms, long-sleeves**
- Anterior (1)
  - Brachiiio radialis
- Posterior (2)
  - Extensor carpi radialis (longus)
  - Extensor carpi ulnaris