

MUSCULAR SYSTEM IDENTIFICATION

Anatomical Landmark Checklist

Student Name:

Date:

ID	MUSCLE GROUP / SPECIFIC MUSCLE	IDENTIFIED	NOTES
HEAD AND NECK			
01	Frontalis		
02	Temporalis		
03	Sternocleidomastoid		
TRUNK AND THORAX			
04	Pectoralis Major		
05	Rectus Abdominis		
06	Latissimus Dorsi		
UPPER EXTREMITIES			
07	Deltoid		
08	Biceps Brachii		

ID	MUSCLE GROUP / SPECIFIC MUSCLE	IDENTIFIED	NOTES
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09 Triceps Brachii

LOWER EXTREMITIES

10 Gluteus Maximus

11 Rectus Femoris (Quadriceps)

12 Gastrocnemius

Instructions: Check the box once the muscle has been correctly identified on the model or diagram. Use the notes section for origin, insertion, or action details.