

Launch Lab: Working In Pairs

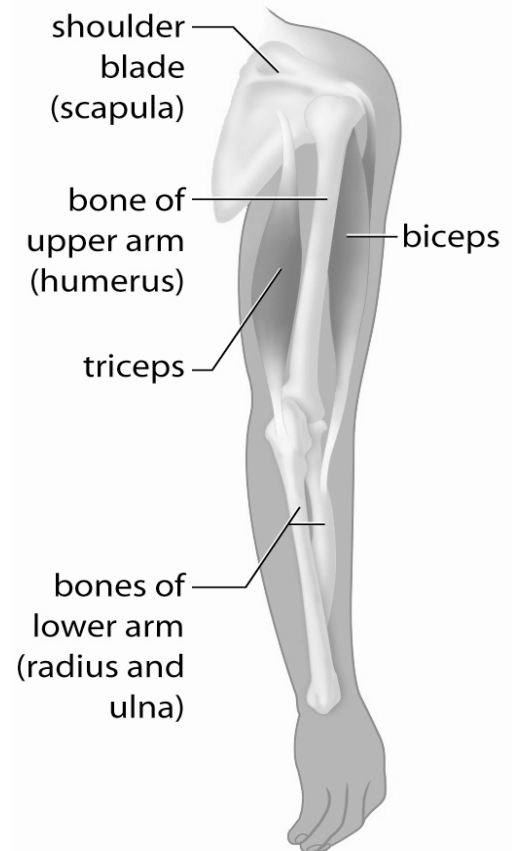
Purpose: To observe how muscles work in tandem to generate movement.

Procedure

1. With a partner, try out different states of relaxation and contraction of the biceps and triceps—two paired muscles in your arm. While one of you does the flexing, the other should observe by sight and by touch how these two muscles change.
2. Switch roles with your partner.

Analysis

1. Sketch and label the arm to show the relationship between the biceps and triceps when the arm is relaxed (hanging down at your side).



2. Sketch and label the arm to show the two muscles when the arm is flexed.

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HANDOUT		

3. Were you able to observe, through touch, any temperature increase in the biceps or triceps? If so, can you be sure that the heat you felt was the result of the activity of these muscles, rather than heat radiating from blood vessels in the skin? What would you need to do to help you decide?