

Project: Pump It Up

Total Marks: /100

(This assignment has a weighting of 5% toward your final course mark)

Student's Full Name:

The columns in the table expand as you type. The first muscle group is given as an example. Please name each activity and explain how the outdoor activity will create strength in that muscle group. Attempt to use as many different activity types as possible. (/88 marks)

Major muscle group	Location (1 mark)	Functional Role(s) (2 marks)	Activity 1 (2 marks)	Activity 2 (2 marks)
1. Abdominals	Stomach	<ul style="list-style-type: none"> Allow trunk to bend and rotate. Support in upright position. Protect internal organs 	<p>Canoeing</p> <p>To paddle a canoe you use your core muscles to stay tall and strong through a stroke while the water provides resistance. Strong core muscles allows for a stronger pull to propel the canoe.</p>	<p>Horseback riding</p> <p>A horse is unpredictable in its movement. Your abdominal muscles must be in a constant state of small corrections and large corrections to maintain balance while sitting in the saddle.</p>
2. Biceps				

3. Erector spinae				
4. Gastrocnemius & soleus				
5. Gluteus				

6. Hamstrings				
7. Latissimus Dorsi and Rhomboids				
8. Oblique				

9. Pectoralis				
10. Quadriceps				
11. Trapezius				

12. Triceps

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Label the following diagrams with the twelve muscle groups listed above. (/12 marks)

