

Muscle Pairs in Movement Quiz

Part 1: For each movement type, select the key muscles involved:

1. Elbow flexion & extension (a) tibialis anterior & gastrocnemius + soleus
2. Shoulder flexion & extension (b) hamstrings & quadriceps
3. Shoulder abduction & adduction (c) biceps & triceps
4. Shoulder rotation (d) rectus abdominis & erector spinae
5. Spinal flexion & extension (e) middle deltoid & latissimus dorsi
6. Hip flexion & extension (f) wrist flexor & wrist extensor
7. Hip abduction & adduction (g) gluteus medius + minimus & adductors
8. Hip rotation (h) subscapularis + teres major & infraspinatus + teres minor
9. Knee flexion & extension (i) anterior deltoid & posterior deltoid
10. Ankle dorsiflexion & plantarflexion (j) iliopsoas & gluteus maximus
11. Wrist flexion & extension (k) gluteus medius + minimus & gluteus maximus

Part 2: For each movement, name the prime mover (agonist) and antagonist muscles and provide an example of a pose or activity that uses the movement:

Elbow flexion	
Elbow extension	
Shoulder flexion	
Shoulder extension	

Shoulder abduction	
Shoulder adduction	
Shoulder (internal) medial rotation	
Shoulder (external) lateral rotation	
Spinal flexion	
Spinal extension	
Hip flexion	
Hip extension	
Hip abduction	
Hip adduction	

Hip (internal) medial rotation	
Hip (external) lateral rotation	
Knee flexion	
Knee extension	
Ankle dorsiflexion	
Ankle plantarflexion	
Wrist flexion	
Wrist extension	

Part 3

1. How can teaching awareness of these muscle pairings impact students?

2. Provide examples of how knowledge of the muscle relationships can inform sequencing and class planning.