**Muscle SpikerBox Post Assessment**

1. What are muscles, and what do they do?
2. Describe how we activate muscles in our body.
3. How are wrist muscles different from finger muscles?
4. Sketch the neural circuit that controls movement of your fingers and label all parts.
   1. Start with the input (decision to move) to the output (motion of your finger). The circuit should have components for decision making, implementation of decision making, transmission of the decision, and then having the transmitted signal control the muscle to implement motion (end effector).
   2. For the circuit you sketched, can you add numbers for the firing rates of neurons (indicates strength of signal), transmission velocity, and firing rate of muscle (how strong is the contraction)?
5. What happens to muscles as we age?
6. Do you think engineers need to know about muscles? Why?
7. How do robots use ideas of muscles?
8. What are some applications of robot experiments using muscle-inspired designs?
9. How do you think gender plays a role in muscle? Are male muscles different than female muscles?
10. Elaborate if there’s a topic you are curious about based on today’s experiment (experimental, engineering, CS, neuroscience).