

**Welcome to the Exhibition:
muscle – a question of power.**

Created by Anna Furse.



What is muscle?

Muscles make it possible for you to move.
There are three types of muscle.



Skeletal muscles:
control movement
and balance.

Cardiac muscles:
Help the blood to flow
around your body.

Smooth muscles:
help you to digest
your food.

BEFORE YOUR VISIT

Do you think men and women
are as strong as each other?

Do you train your own
muscles? How?

Do you know anything about Greek
Gods and Goddesses, can you name any
of them?

Why do you think someone training to
become an artist would be interested in
the human body?

Why do you think a sculpture from ancient times might
have body parts missing?

Are muscles beautiful or ugly?

A lot of the sculptures you will see are casts. This means that
they are copies made from the original sculpture. Why do
you think someone would want to make a cast of an ancient
sculpture?

Can you name any muscles?

After Your Visit

Can you describe in words the ideal male/female body today?

Which woman in the video did you find most interesting and why?

Are women with extremely developed muscles feminine?

Who do you think is the most beautiful person in the world?

Do you think that altering your own image on social media is:

- a) good idea
- b) normal
- c) a secret you wouldn't want anyone to know;

What is the difference between fitness training and building muscle, if any?

What did the exhibition tell you about

- Men

- Women

- Strength

Who do you think decides what the perfect way to look is?

Can you sketch the Venus de Milo and the Belvedere Torso from memory or online images and add your own idea of what the missing body parts look like?