

Created by Anna Furse, muscle is an immersive experience that takes visitors on an audio-guided journey through Crawford Art Gallery's historic collection of Canova Casts.



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

What is the difference between naked and nude?

Do you train your own muscles? How?

What do you know of Venus de Milo? Apollo? Hermes?

Why does someone training to be an artist do life drawing or draw from sculptures of the figurative nude?

Why would sculptures from Antiquity have body parts missing?

Why make a cast of original marble statues from Antiquity do you think?

Are muscles beautiful or ugly?

Can you name any muscles?

Do you have a body ideal that you aspire to?

Do you think men and women are capable of equal strength?

Are you aware of muscles that work involuntarily in the body, and if so can you identify any of them?

Do you know what the word hermaphrodite means?

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 muscle feminine?

Who is your ideal beauty of either sex or gender today? Why?

Who decides what is ideal or perfect?

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

- a) good idea
- b) assumed to be the case by people viewing it
- 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

What is the equivalent media today of those ancient sculptures that idealize the body?

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?