Anatomical Terms Worksheet

In Anatomy specific terms are used to explain the location of body organs, systems, as well as body movements.

1. Fill in the missing words to make the passage correct using words from the word bank provided. reference, side, stand, body, arms, hands, anatomical, forward

All anatomical terms have a reference point which is called the anatomical position. This is a body position where you stand up, head straight and arms by your side, with the palm of your hands facing forward.

2. Complete these sentences using the terms superior and inferior.
   2. The hands are superior to the feet.
   3. The knees are inferior to the waist.
   4. The elbow is superior to the wrist.
   5. The calf muscle is inferior to the ankle.

3. Complete these sentences using the terms anterior and posterior.
   6. The heel is posterior to the toes.
   7. The biceps are anterior to the triceps.
   8. The hamstring is posterior to the quadriceps.

4. Complete these sentences using the terms lateral and medial.
   9. The arms are lateral to the midline.
  10. The neck is medial to the arms.
  11. The shoulders are lateral to the midline.

5. Anatomical Terms – Word Match
   Match the correct terms with their meanings. Place the correct letter in the empty column.

<table>
<thead>
<tr>
<th>Term</th>
<th>Letter</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>C</td>
<td>a) closer to the top of the limb</td>
</tr>
<tr>
<td>Inferior</td>
<td>F</td>
<td>b) lying face downwards</td>
</tr>
<tr>
<td>Anterior</td>
<td>G</td>
<td>c) towards the head, or above</td>
</tr>
<tr>
<td>Posterior</td>
<td>D</td>
<td>d) back or at the back of</td>
</tr>
<tr>
<td>Lateral</td>
<td>I</td>
<td>e) closer toward the bottom or end of a limb</td>
</tr>
<tr>
<td>Medial</td>
<td>J</td>
<td>f) towards the feet, or below</td>
</tr>
<tr>
<td>Proximal</td>
<td>A</td>
<td>g) front, or in front of</td>
</tr>
<tr>
<td>Distal</td>
<td>E</td>
<td>h) lying face upwards</td>
</tr>
<tr>
<td>Supine</td>
<td>H</td>
<td>i) toward the side of the body, or away from the midline of the body</td>
</tr>
<tr>
<td>Prone</td>
<td>B</td>
<td>j) toward the midline of the body</td>
</tr>
</tbody>
</table>

6. Circle the answer which will make the sentence correct.

   15. The big toe is on the lateral medial side of the foot?
   16. The shoulder blade is on the anterior posterior side of the body?
   17. The hand is distal proximal to the elbow?
   18. The hips are superior inferior to the shoulders?
   19. The shoulders are medial lateral to the spine?
   20. The knee is distal proximal to the ankle?
21. What is the importance of having the anatomical position?

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22. What is the main unit of living things?
   - A. cell  
   - B. organelle  
   - C. atom  
   - D. molecule

23. A _______ plane divides the body into right and left halves
   - A. coronal  
   - B. frontal  
   - C. transverse  
   - D. sagittal

24. For each body cavity listed below, name one organ found in that body cavity:
   Pelvic ________BLADDER________
   Abdominal ________STOMACH, SMALL, LARGE INTESTINES________
   Spinal ________DIAPHRAGM________
   Thoracic ________HEART, LUNGS________

25. Anatomy deals with the
   a. structure of the human body  
   b. functions of body parts  
   c. psychology of humans  
   d. chemical compounds within the body

26. Physiology deals with the
   a. structure of the human body  
   b. functions of the human body  
   c. human body and its relation with the environment  
   d. biochemistry of the human body

27. Which of the following lists is in the order of increasing levels of complexity?
   a. organelles-tissues-cells-organ systems-organs  
   b. cells-molecules-tissues-body-organs
   c. Organelles-cells-tissues-organs-organ systems  
   d. tissues-organs-organelles-organ systems

28. Tissues are formed by a groups of _______cells________ that perform similar functions.

29. Groups of organelles make up _______cells________.

30. Organs work together to form _______organ system________.

31. Groups of _______organ systems________ make up organisms.

32. The skin is an example of ________D________.
   a. organ  
   b. Organ system  
   c. Atom  
   d. Cell
33. Which of the following sets of directional terms are most appropriately referred to as opposite?
   a. Distal and proximal
   b. Medial and inferior
   c. Superior and ventral
   d. Anterior and deep
   **A** lateral

34. The anatomical term that means "away from the midline of the body" is
   a. medial
   b. Proximal
   c. Distal
   d. Lateral
   **D** lateral

35. The three major anatomical planes are
   a. parasagittal, midsagittal, and frontal
   b. transverse, cross, and sagittal
   c. sagittal, frontal, and transverse
   d. cross, frontal, and coronal
   **B** sagittal, frontal, and transverse

36. A **D** plane passes through the breast, hip, and knee on only one side of the body.
   a. coronal
   b. Transverse
   c. Midsagittal
   d. Parasagittal
   **D** Parasagittal

37. The ankle is **D** to the knee.
   a. deep
   b. Peripheral
   c. Superior
   d. Distal
   **D** distal

38. The concept of anatomical position stipulates all of the following **EXCEPT** the
   a. forearms are supine
   b. feet are slightly apart
   c. arms are held down to the sides
   d. mouth is closed
   **D** mouth is closed

39. **E** investigates the body's structure, whereas **E** investigates the
   processes or functions of living things.
   a. Physiology, cytology
   b. Physiology, anatomy
   c. Anatomy, histology
   d. Histology, cytology
   e. Anatomy, physiology

40. Johnny has just performed a bicep curl (up) in weight training class. What motion did his arm
    make from the elbow? ________________________________

41. Anita has just pointed her toe in dance class. What motion did she make? ________________________________

42. Brad has just stretched both arms upwards to try and wake himself up in healthcare class. What
    motion did he make? ________________________________

43. Jessica has just turned her head around to chat with the student in the desk behind her. What
    motion did she make? ________________________________

44. Luke has just dropped his arms to his sides after carrying a load of books for a teacher. What
    motion did he make (when he dropped his arms)? ________________________________

45. Jennifer swings her leg, straightened, out to the right hand side. What motion did she make?
    ________________________________

46. Rhianna has just turned her palms so that they are in anatomical position. What motion did she
    make with her palms? ________________________________