Anatomical Terms Lab
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Anatomical Position
Utilizing yourself as the model:
• Stand and assume the anatomical position.
  Notice that it is not particularly comfortable because your hands
  unnaturally are open and face forward instead of allowing them to hang
  partially cupped and facing your thighs
• Describe the orientation of the following body parts while in the anatomical
  position
  o nose points:
  o toes point:
  o palms face:
  o thumbs point:

Body Orientation and Direction
State the definitions of the following terms:
• superior/inferior
• anterior/posterior
• medial/lateral
• dorsal/ventral
• proximal/distal
• superficial/deep
• ipsilateral/contralateral

Exercise:
Use your own body to specify the relationship between the following structures:
1. The wrist is ________________ to the hand.
2. The trachea (windpipe) is ________________ to the spine.
3. The brain is ________________ to mole on your forehead. (2 correct answers)
4. The urinary bladder is ________________ to the liver.
5. The nose is ________________ to the cheekbones. (2 correct answers)
6. The chest is ________________ to the abdomen.
Body Planes and Sections

Label the sections on the adjacent diagram. Then describe in writing (ex: left/right & above/below) and demonstrate symbolically on your own body, the parts that result when following sections (cuts) are made.

• frontal /
• transverse /
• sagittal /
• midsagittal (midline) /
• oblique -

Body Cavities
Using your own body, discuss and demonstrate the two major body cavities and their two subgroups.

Name an important organ in each of the four body cavity subgroups.

• Dorsal
  - cranial -
  - vertebral -
• Ventral
  - thoracic -
  - abdominopelvic -