

APA 1313

Lab 1- Anatomicomedical Terminology

The purpose of this laboratory is to become proficient in the language of anatomy. Knowing and understanding anatomical terminology is paramount to being successful in this course as well as in your future health science career.

To simplify things, think about the human body in the same way you think of a road map. If your friend is giving you directions to their house, and they tell you “to turn left when you get to the intersection of Nelson Street and Osgoode Street”, depending on which way you’re coming from, those directions could send you the wrong way. If your friend instead told you “to turn East on Osgoode St.”, then no matter which direction you’re coming from, you know which way to head on Osgoode St. The same principle applies to the human body. It’s important to be able to describe and define body parts based on their relative positions. Imagine how difficult it would be to communicate with other health professionals if you did not use a universal way of describing where certain body parts are located in relation to others?

Teaching Assistant Demonstration

*Planes and Axes using “Plane Jane”

Pertinent Models & Specimens

- * “Plane Jane” & “Plane Jane” CD
- * Full skeletons
- * Cross-section models
- * Joint models
- * Individual bones

Self-Directed Learning

- * Be able to define the various position references/directional terms:
Proximal, distal, medial, lateral, cephalic, caudal, dorsal, ventral, internal, external, superficial, deep, superior, inferior, anterior, posterior, palmar & plantar.
- * Be able to define the various action terms:
Flexion, extension, abduction, adduction, internal/medial rotation, external/lateral rotation, circumduction, plantar flexion, dorsiflexion, radial deviation, ulnar deviation, pronation, supination, inversion, eversion, lateral flexion, protraction, retraction, depression & elevation.
- * Match each of the preceding terms with their opposing terms (e.g. proximal & distal).
- * Be able to distinguish between the planes and axes, and give examples of motions which occur in each.
- * Locate examples of each bone classification and learn the structure (markings and formations) of each.
- * Be able to distinguish between bones, muscles, ligaments, tendons, cartilage, joint capsules, and fascia.
- * Learn the types of synovial joints and examples of each within the human body.

Clinical Anatomy

- * Practice using position references by locating various body parts on your peers.
- * Practice using action terms by demonstrating the motions to your peers.
- * Practice palpating on your peers using the guidelines posted in the lab.

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Identify each plane, motion and axis and give examples of motions which occur in each.

Plane	Motion	Axis	Example

Give a definition for each of these terms.

Structure	Definition
Bone	
Muscle	
Ligament	
Tendon	
Cartilage	
Joint	
Capsule	
Fascia	

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Identify and define the types of synovial joints and give an example of each within the human body.

Joint type	Definition	Example

Identify each bone classification and give examples for each. (Don't forget to learn the structure!)

Bone	Examples

Name: _____ Student Number: _____

