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.

All anatomical terms have a _ _ _ _ _ _ _ _ _ _ point which is called the _ _ _ _ _ _ _ _ _ _ position. This is a _ _ _ _ _ _ _ _ _ _ position where you _ _ _ _ _ _ up, head straight and _ _ _ _ _ _ by your _ _ _ _ _ _ _ _, with the palm of your _ _ _ _ _ _ _ _ _ facing forward.

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

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

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

• 12 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></td>
<td>a) closer to the top of the limb</td>
</tr>
<tr>
<td>Inferior</td>
<td></td>
<td>b) lying face downwards</td>
</tr>
<tr>
<td>Anterior</td>
<td></td>
<td>c) towards the head, or above</td>
</tr>
<tr>
<td>Posterior</td>
<td></td>
<td>d) back or at the back of</td>
</tr>
<tr>
<td>Lateral</td>
<td></td>
<td>e) closer toward the bottom or end of a limb</td>
</tr>
<tr>
<td>Medial</td>
<td></td>
<td>f) towards the feet, or below</td>
</tr>
<tr>
<td>Proximal</td>
<td></td>
<td>g) front, or in front of</td>
</tr>
<tr>
<td>Distal</td>
<td></td>
<td>h) lying face upwards</td>
</tr>
<tr>
<td>Supine</td>
<td></td>
<td>i) toward the side of the body, or away from</td>
</tr>
<tr>
<td></td>
<td></td>
<td>the midline of the body</td>
</tr>
<tr>
<td>Prone</td>
<td></td>
<td>j) toward the midline of the body</td>
</tr>
</tbody>
</table>

• Circle the answer which will make the sentence correct.

  13 The big toe is on the lateral/medial side of the foot?
  14 The shoulder blade is on the anterior/posterior side of the body?
  15 The hand is distal/proximal to the elbow?
  16 The hips are superior/inferior to the shoulders?
  17 The shoulders are medial/lateral to the spine?
  18 The knee is distal/proximal to the ankle?
19. A _______ plane divides the body into right and left halves
   - A. coronal
   - B. frontal
   - C. transverse
   - D. sagittal

20. For each body cavity listed below, name one organ found in that body cavity:
   Pelvic ____________
   Abdominal ____________
   Spinal ____________
   Thoracic ____________

21. 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

22. 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

23. 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

24. The anatomical term that means "away from the midline of the body" is
   - a. medial
   - b. proximal
   - c. distal
   - d. lateral

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

26. A _______ plane passes through the breast, hip, and knee on only one side of the body.
   - a. coronal
   - b. transverse
   - c. midsagittal
   - d. parasagittal

27. The ankle is _______ to the knee.
   - a. deep
   - b. peripheral
   - c. superior
   - d. distal

28. 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