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## Anatomical Position

- Always assume body is in anatomical position to accurately describe body parts and position
- Body is erect
- Feet parallel, shoulder width apart
- Palms to the side facing forward



## THE NERVOUS SYSTEM

The nervous system is the master coordinating system of the body. Every thought, action, and sensation reflects its activity. The structure of the nervous system are described in terms of two principal divisions—the central nervous system (CNS) and the peripheral nervous system (PNS). The CNS (brain and spinal cord) receives incoming sensory information and issues instructions based on past experience. The PNS (cranial and spinal nerves and ganglia) provides the communication lines between the CNS and the body's muscles, glands, and sensory receptors. The nervous system is also divided functionally in terms of motor activities into the somatic and autonomic divisions. It is important, however, to recognize that these classifications are made for the sake of convenience and that the nervous system acts in an integrated manner both structurally and functionally.

Student activities provided in this chapter review nervous anatomy and physiology, identify the various structures of the central and peripheral nervous system, consider reflex and sensory physiology, and summarize autonomic nervous system anatomy and physiology. Because every body system is controlled, at least in part, by the nervous system, these understandings are extremely important to understanding how the body functions as a whole.

1. List the three major functions of the nervous system.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Anatomy & Physiology 1 Chapter 1 Quiz

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

1. An investigator who conducts an experiment to determine how temperature changes affect the rate at which the heart beats is most likely a(n)
  - a. anatomist.
  - b. physiologist.
  - c. chemist.
  - d. biochemist.
  - e. physicist.
2. Which of the following lists illustrates the flow of increasing levels of organization?
  - a. cell, molecule, atom, organelle, macromolecule
  - b. atom, molecule, macromolecule, cell, tissue
  - c. atom, molecule, macromolecule, cell, organelle
  - d. cell, atom, organelle, molecule, macromolecule
  - e. cell, molecule, organelle, atom, macromolecule
3. Which of the following includes all the others?
  - a. excretion
  - b. digestion
  - c. respiration
  - d. metabolism
  - e. absorption
4. The ability of an organism to sense changes in its body is an example of
  - a. movement
  - b. respiration
  - c. responsiveness
  - d. excretion
  - e. absorption
5. The building up phase of metabolism is called
  - a. negative feedback.
  - b. metabolism.
  - c. anabolism.
  - d. catabolism.
  - e. anastomosis.

### ANATOMICAL TERMINOLOGY: DIRECTIONAL TERMS, PLANE, SECTION, AND BODY CAVITIES

Body 17

There is universal agreement in the field of anatomy that the relative description of the human body is always in a specific position called **anatomical position**. In this position, the individual is standing upright, feet forward, with the right hand positioned at the side, the palm faced forward, and the feet flat on the floor.



**Example 1**  
The hand bones are an easily accessible body structure. Identify the following directional terms as they apply to the hand bones in anatomical position. Then, using the same directional term, fill in the blanks to describe the body parts in relationship to the hand.

- A Superior: toward the head or upper part of a structure  
Example: The head is superior to the abdomen.
- B Inferior: away from the head or toward the lower part of a structure  
Example: The abdomen is inferior to the lungs.
- C Anterior (also known as ventral): toward the front of the body  
Example: The trachea is anterior to the esophagus.
- D Posterior (also known as dorsal): toward the back of the body  
Example: The esophagus is posterior to the trachea.
- E Medial: toward a structure nearer to the midline of the body which divides the body into equal right and left halves  
Example: The thumb is medial to the index.
- F Lateral: toward a structure further from the midline of the body  
Example: The thumb is lateral to the index.
- G Intermediate: being between two structures  
Example: The index finger is intermediate to the thumb and middle finger.
- H Proximal: nearest to the point of attachment of an appendage to the trunk of the body  
Example: The hand is proximal to the elbow.
- I Distal: farther from the point of attachment of an appendage to the trunk of the body  
Example: The elbow is distal to the hand.
- J Superficial: toward or near the surface of the body  
Example: The skin is superficial to the muscle.
- K Deep: away from the surface of the body  
Example: The skin is deep to the ribs.

ANATOMICAL TERMINOLOGY, DIRECTIONAL TERMS, PLANES, SECTIONS, AND BODY CAVITIES

Biology II

There is universal agreement in the field of anatomy that the relative description of the human body is always in a specific position called **anatomical position**. In this position, the individual is standing upright, face forward, with the upper limbs positioned at the sides, the palms turned forward, and the feet flat on the floor.



**Essential**

**Directional terms** are used by anatomists to locate numerous body structures in relationship to one another. Label the following directional terms on Figure B, based on their description below. Then, using the same directional terms, fill in the blanks to describe the body parts relationship to one another.

- A. **Superior**: toward the head or upper part of a structure  
Example: The head is **superior** to the shoulders.
- B. **Inferior**: away from the head or toward the lower part of a structure  
Example: The intestines are **inferior** to the lungs.
- C. **Anterior** (also known as **ventral**): toward the front of the body  
Example: The trachea is **anterior** to the esophagus.
- D. **Posterior** (also known as **dorsal**): toward the back of the body  
Example: The esophagus is **posterior** to the trachea.
- E. **Medial**: locating a structure closer to the midline of the body, which divides the body into equal right and left halves.  
Example: The ulna is **medial** to the radius.
- F. **Lateral**: locating a structure further from the midline of the body  
Example: The lungs are **lateral** to the heart.
- G. **Intermediate**: being between two structures  
Example: The index finger is **intermediate** to the thumb and middle finger.
- H. **Proximal**: nearer to the point of attachment of an appendage to the trunk of the body  
Example: The knee is **proximal** to the shin.
- I. **Distal**: further from the point of attachment of an appendage to the trunk of the body  
Example: The elbow is **distal** to the shoulder.
- J. **Superficial**: toward or on the surface of the body  
Example: The skin is **superficial** to the muscles.

Posterior is another word for a person's backside. Remember, anatomy builds on itself, so if you learn these terms early, it will help you in your studies of human anatomy. The nose is \_\_\_\_\_ to the navel. 10 Questions | Total Attempts: 37940 The arm is \_\_\_\_\_ to the hand. Which statement is false regarding the anatomical position? The spinal cord is medial to the vertebral column. Although proximal means "near," that term is referring to an attachment point or origin of a structure such as the limbs. d. Intermediate b. The tibia is cranial to the fibula 12. Inferior The answer is c, superficial. The answer is a, toward the front of the body. The lumbar vertebrae are caudal to the thoracic vertebrae. What's another word for "superior?" a. 14. The fingers are [proximal or distal] to the hand. Complete Parts 1 & 2. In order to continue enjoying our site, we ask that you confirm your identity as a human. Proximal c. The toes are [proximal or distal] to the ankles. Answer c is the false statement. Proximal The answer is a, medial. The head is cranial to the tail 2. Please do not copy this quiz directly; however, please feel free to share a link to this page with students, friends, and others. Don't forget to watch the anatomical position and directional terms lecture on YouTube, as well as our article on the directional terms for anatomy. At the back or rear of the body. Anterior The answer is c, distal. The palms face the front. 9. The thumb is [proximal or distal] to the hand. 11. The atlas vertebra is cranial to the axis vertebra 19. Lateral The answer is b, intermediate. Cranial The answer is d, cranial. The bladder is caudal/ventral to the small intestine. b. (NOTE: When you hit submit, it will refresh this same page. The kneecap is [anterior or posterior] to the knee joint. Superior b. 3. The anterior is the front (or towards the front) of a person's body. n. The thumbs point away from the body. The scapula is dorsal to the clavicle. 6. Remember, superficial means on or toward the body's surface. Another name for anterior is Human Body Physiology Biology Skeletal System Brain From WikiEducator Insert the missing directional terms: 1. The heart is medial to the elbow. External d. Bones are [superficial or deep] to the skin. Distal means farther away from the point of insertion to a body's structure. Remember, the "head" of a company will be the superior authority to his or her employees. False The answer is a, true. The scalp is [superficial or deep] to the skull. j. The wrist is [proximal or distal] to the hand. At or toward the front of the body b. Caudal The answer is b, ventral. The diaphragm is [superior or inferior] to the lungs. It's important to know these directional terms, as they will provide you with a standard reference for anatomical structures. 13. In the anatomical position, the subject: Has arms placed above the head Is standing upright facing the observer with the palms backward Is standing upright facing the observer with the palms forward. a. Medial b. Dorsal b. k. Away from the insertion point of a structure. What's another name for anterior: a. Superficial d. The scapula (shoulder blade) is \_\_\_\_\_ to the vertebral column. o. The elbow is \_\_\_\_\_ between the wrist and shoulder. The fibula is distal to the femur 20. Internal b. The nose is superior (above) to the navel. The anatomical term which best describes a structure toward the head is: The best anatomical term to describe the back region of the body would be: In the anatomical position, the thumbs point: The armpit or axilla is \_\_\_\_\_ to the hip. \*Disclaimer: While we do our best to provide students with accurate and in-depth study quizzes, this quiz/test is for educational and entertainment purposes only. This quiz is copyright RegisteredNurseRN.com. The nose is superior to the navel. f. The posture is standing erect. The esophagus is [dorsal or ventral] to the vertebral column. The esophagus is [anterior or posterior] to the vertebral column. i. The brain is [superior or inferior] to the spinal cord. l. The lungs are lateral to the heart. The heart is cranial to the stomach 18. Anterior b. The kneecap is [dorsal or ventral] to the knee joint. 8. The first 2 are done for you. False The correct answer is a, true. Medial means toward the midline (or middle) of the body. The radius is proximal to the phalanges Return to Directional Terms Worksheet 1 Return to WikiEducator Anatomy and Physiology of Animals This directional terms quiz will test your knowledge on the directional terms in human anatomy, as well as the anatomical position. The pelvic girdle is lateral to the vagina. Directional Terms Practice Complete the following statements by highlighting the correct term in brackets. The thumb is distal to the elbow. Thank you very much for your cooperation. Lateral c. Ventral c. Posterior The answer is d, posterior. c. 4. The "6-pack of abs" is due to the rectus abdominis muscle that lies within the \_\_\_\_\_ abdominal wall. Intermediate c. Remember: when you hold a pistol, it's distal to the upper arm. The nose is [medial or lateral] to the ears. You can also take more fun nursing quizzes. Caudal c. The forearm is further away from the point of insertion (shoulder) than the upper arm bone (humerus). The patella is cranial to the knee joint. Highlight the correct answer in the brackets. The heart is \_\_\_\_\_ to the shoulder. Scroll down to see your results.) Directional Terms Quiz for Anatomy and Physiology 1. Caudal is another word for inferior. This quiz will cover directional terms such as superior and inferior, lateral and medial (and intermediate), proximal and distal, anterior and posterior, and superficial and deep. Toward the middle of the body. Intermediate means that something is between two structures. g. The head is turned to the left side. Deep means away from the body's surface. 5. The head is looking forward in the anatomical position, not to the side. Caudal d. Distal d. The word anterior means: a. The wrist is distal to the elbow. The intestines are caudal to the liver. The head is [superior or inferior] to the neck. True b. The heart is [superior or inferior] to the diaphragm. 10. m. Dorsal is another word for posterior. Don't forget to tell your friends about this quiz by sharing it your Facebook, Twitter, and other social media. 17. h. e. Remember: Abs (abdominal muscles) are on the anterior side of the body. Part 1 a. 7. The humerus is proximal to the ulna. The heart is closer to the midline of the body in comparison to the shoulder. The prefix "post" means behind. The nasal cavity is rostral to the mouth 16. The radius (forearm bone) is \_\_\_\_\_ to the humerus (upper arm bone). What is the term for the backside in the anatomical position: a. Cranial d. The eyes are [medial or lateral] to the bridge of the nose. The dorsal aorta is ventral to the vertebral column. 15. p. 2. The oesophagus is dorsal/caudal to the trachea. The skin is \_\_\_\_\_ to the skeletal bones.

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