

## Introduction to Anatomy and Physiology Lab

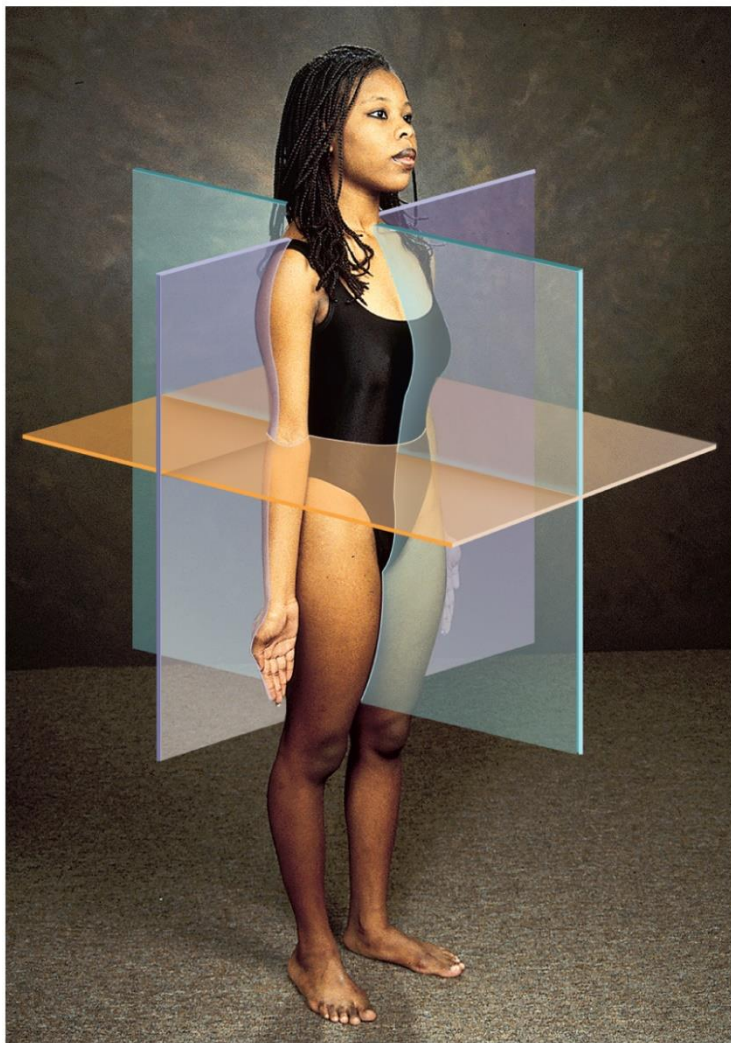
In this lab students will learn: anatomical planes, directional terms, body regions, and body cavities. Use your textbook to define the terms and identify the body cavities. Watch the video that is associated with this lab. **\*Only the terms provided in the lab PDF will receive credit on lab quizzes and exams.**

### Activity One: Anatomical Planes

Please define and label the following anatomical planes listed below. Use your textbook to help you complete this activity, the anatomical planes can be found in Figure A.1 (page 28).

- \_\_\_ Sagittal Plane
- \_\_\_ Frontal Plane
- \_\_\_ Transverse Plane

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### Activity Two: Directional terms

Please define and give an example of the following directional terms listed below. Use your textbook to help you complete this activity, the directional terms can be found in Table A.1 (page 29).

<b>Terms</b>	<b>Definition</b>
Ventral	Towards the front or belly ex: the nose is ventral to the ears
Dorsal	
Anterior	
Posterior	
Cephalic	
Rostral	
Caudal	
Superior	
Inferior	
Medial	
Lateral	
Proximal	
Distal	
Ipsilateral	
Contralateral	
Superficial	
Deep	

## Activity Two: Body Regions

Please define the following terms for body region listed below. Use your textbook to help you complete this activity, the body regions can be found in Figure A.3 (page 30).

<b>Terms</b>	<b>Definition</b>
Acromial	shoulder
Axillary	
Brachial	
Cubital	
Antebrachial	
Carpal	
Palmar	
Coxal	
Patellar	
Cephalic	
Facial	
Cervical	
Inguinal	
Femoral	
Crural	
Tarsal	
Pedal	
Plantar	
Nuchal	
Gluteal	
Calcaneal	

### Activity Four: The Major Body Cavities

Please label the following body cavities listed below. Use your textbook to help you complete this activity, the body cavities can be found on Figure A.5 (page 32).

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- Dorsal cavity
  - Cranial cavity
  - Vertebral canal
- Ventral cavity
  - Thoracic cavity
  - Abdominopelvic cavity
    - Abdominal cavity
    - Pelvic cavity

