

Week 1 Lab Instructions

Organization of the Body

Activity	Deliverable	Points
Part A	Activity: Anatomical Terminology	10
Part B	Activity: Regions, Cavities, and Systems	10
Part C	Lab Worksheet (Questions)	10

References:

1. Saladin *Anatomy & Physiology: The Unity of Form and Function*

Part A

Step 1: Read the Entire Lab Packet

1.0– Read through the laboratory packet – SEE ATTACHED SHEETS

Part A

Step 2: Come to the Lab with Proper PPE

BACKGROUND:

Anatomy is the study of body structures and how they are organized, while Physiology is the study of the functions of these body structures. These two disciplines are studied together, as the direct relationship between structure and function is one of the key hallmarks of basic life processes. Location and orientation of body structures is aided by the use of anatomical position. Anatomical position indicates the body is erect with arms at the sides and palms facing forward with the feet slightly apart. This is the starting position from which we can navigate around the body. By using anatomical positioning, we can utilize directional terms such as superior, inferior, anterior, posterior, lateral, and medial to indicate respective locations. We can also apply terms indicating a body plane such as frontal (coronal), transverse, or sagittal.

In studying the basic language of anatomy, we also include regions and cavities, such as the dorsal, ventral, thoracic and abdominopelvic. Cavities contain serous membranes, as do the organs contained in the cavities. The body can be divided into quadrants or regions in which there are groups of organs, called organ systems, that work together to form different bodily functions.

PURPOSE:

In this lab, you will be asked to use models in the lab to practice anatomical language. You will also locate different body regions, cavities, organs, and organ systems.

MATERIALS:

- A copy of the lab report for each member of your group
- A writing utensil
- Laboratory models, as assigned by your instructor

PREPARATION:

- Read your lab in its entirety before coming to class.
- Clear your workstation of all unnecessary materials. Book bags and or purses should be hung on hooks or places at the front of class. Make sure all other unnecessary materials (coats, drink containers, unused textbooks, etc.) are all stored and placed in a safe area out of the way.
- Obtain all materials listed above.
- Familiarize yourself with your lab materials.
- Follow the directions of the packet and as presented by your instructor.
- Be aware of the instructions for documenting your lab work. You will be performing the lab in a group but will each be responsible for recording your own data and creating your own lab report.

ACTIVITIES:

Part A: Anatomical Terminology (10 points)

With a partner or your lab group, define and provide an example of each anatomical term in the table below.

Term	Meaning	Example
Ventral		
Dorsal		
Anterior		
Posterior		
Superior		
Inferior		
Medial		
Lateral		