

Anatomy and Physiology Lab

Week 1 and 2

WEEK 1

Terminology/Planes/Positions

Prefixes

- A/An-Against
- Dia- (Complete)
- Ecto- (Outer, Outside)
- Hyper- (Too much, Excessive)
- Hypo- (Too little, Below Normal)
- Peri- (Around, Surrounding)
- Pro- (Before, In Front)
- Retro- (Behind)
- Sub- (Below)
- Trans- (Through, Across)

Suffixes

- -algia (Pain)
- -cyte (Cell)
- -ectomy (Removal)
- -emia (Blood Condition)
- -itis (Inflammation)
- -oma (Tumor, Mass)
- -opsy (To View)

Positions

- Anatomical Position —> Standing erect, arms by side, palms forward
- Supine —> lying face up (sUPine)
- Prone —> lying face down

Planes of Motion

Frontal (coronal) – divides the body into anterior and posterior portions

Sagittal – divides body into left and right portions (not always equal)

Mid-Sagittal – divides body equal left and right portions

Transverse – divides body into superior and inferior portions

Oblique – divides the body at any angle other than horizontal or vertical

Adduction & Abduction – occur in frontal (coronal) plane – lateral raises, cossack squats, etc.

Rotational – movement that occur in the transverse plane – baseball swings, russian twists

Flexion & Extension – occur in sagittal plane – squat, bench, deadlift, curls

Directional Terms

Describe the position of one body RELATIVE to another

Anterior (ventral) – closer to the front of the body

Posterior (dorsal) – closer to the back of the body

Medial – closer to the body's midline

Lateral – further from the body's midline

Superior (rostral) – closer to the head, further from the feet

Inferior (caudal) – further from head, closer to the feet

Deep – further from body's surface

Superficial – closer to body's surface

Proximal – closer to origin of structure

Distal – further from origin of structure

WEEK 2

Cells

Cells and Tissues

- Basic Unit of Life

Anatomy And Physiology Lab Report 24 Answers

**Kevin T. Patton, Frank B. Bell, Terry
Thompson, Peggie L. Williamson**



Anatomy And Physiology Lab Report 24 Answers:

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