

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

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Instruction**



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