

LABORATORY NO. 1

INTRODUCTION TO HUMAN BODY

Scope of Laboratory Activity

This laboratory activity consists of four (4) worksheets:

- Worksheet no. 1 Anatomical Term
- Worksheet no. 2 Directional Terms
- Worksheet no. 3 Body Cavities
- Worksheet no. 4 Body Planes and Sections

Overview

Imagine a student nurse working together with a health care provider. The doctor in charge gave specific instructions about the plan of care for the patient. Would it be possible to execute the plan of care correctly and effectively if the student nurse has no or has limited knowledge on anatomical knowledge?

Basic knowledge on anatomical language is essential in effective communication among healthcare providers. It is important to know that sharing common language in healthcare is important in the effective and efficient delivery of care and transfer of information.

Objectives

After completing this exercise, you should be able to:

1. Use appropriate anatomical terminology to describe body landmarks, body surfaces, directions, and planes.
2. Identify the body cavities and important organs in each of the body cavities

Materials

None

Worksheet 1 Anatomical Terms

Label figure 1.1 using appropriate anatomical terms referred to by the numbers. Write your answers in the table provided in the next page.

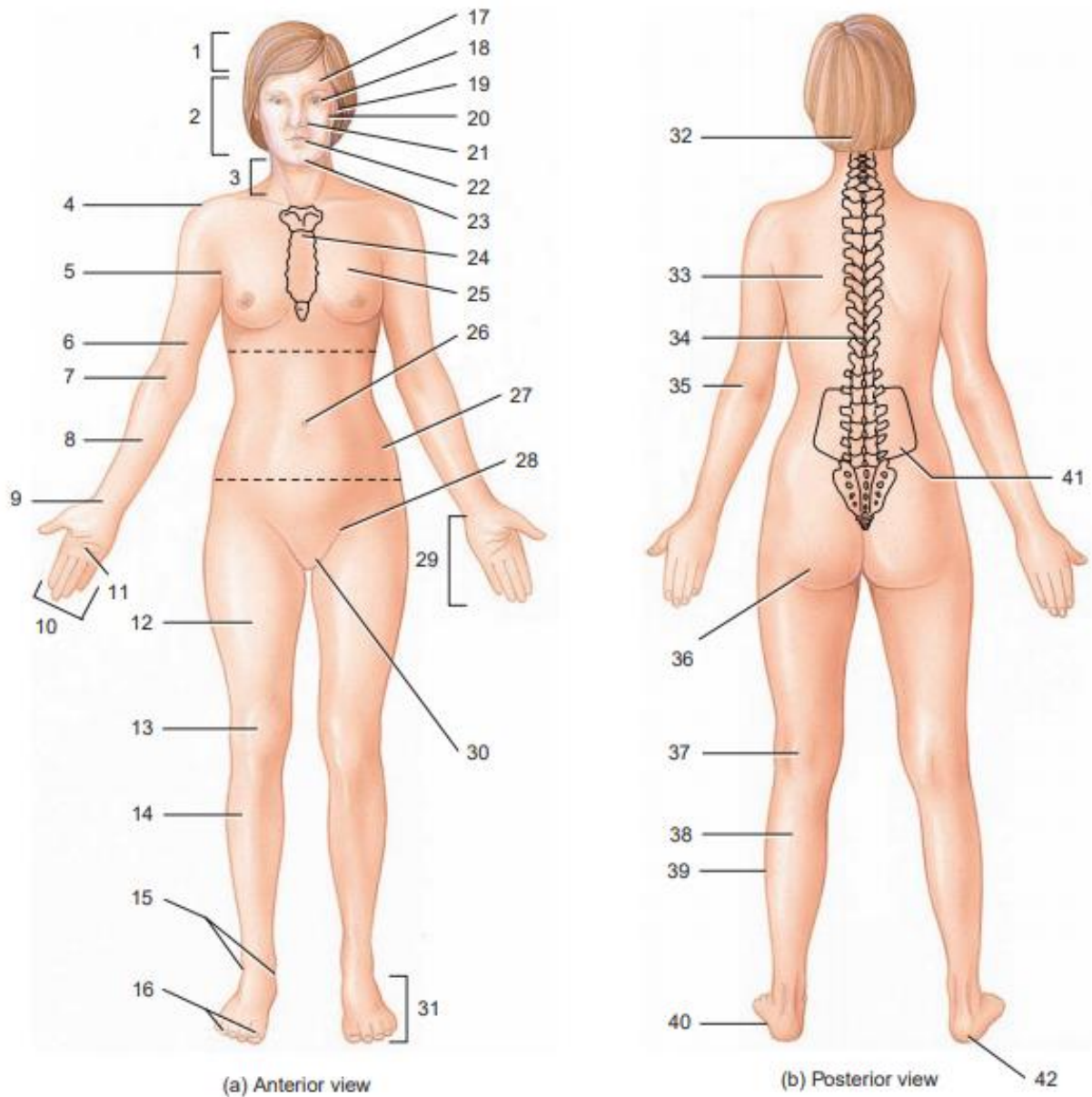


Figure. 1.1 Landmarks of the surface of the body

1.	8.	15.	22.	29.	36.
2.	9.	16.	23. MENTAL	30.	37.
3.	10.	17.	24.	31.	38.
4. ACROMIAL	11.	18.	25.	32.	39. FIBULAR
5.	12.	19. OTIC	26.	33.	40.
6.	13.	20.	27.	34.	41.

7.	14.	21.	28.	35.	42.
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Worksheet no. 2 **Directional Terms**

A.

Complete the following statements by indicating the appropriate directional term.

In the anatomical position, the face and palms are on the (1) _____ body surface, the buttocks and shoulder blades are on the (2) _____ body surface, and the top of the head is the most (3) _____ part of the body. The ears are (4) _____ to the shoulders and (5) _____ to the mouth. The heart is (6) _____ to the spine and (7) _____ to the lungs. The elbow is (8) _____ to the wrist but (9) _____ to the shoulder. In humans, the dorsal surface can also be called the (10) _____ surface.

B.

Label Figure 1.2 with the directional terms from the bulleted list by writing the term in the appropriate numbered blank.

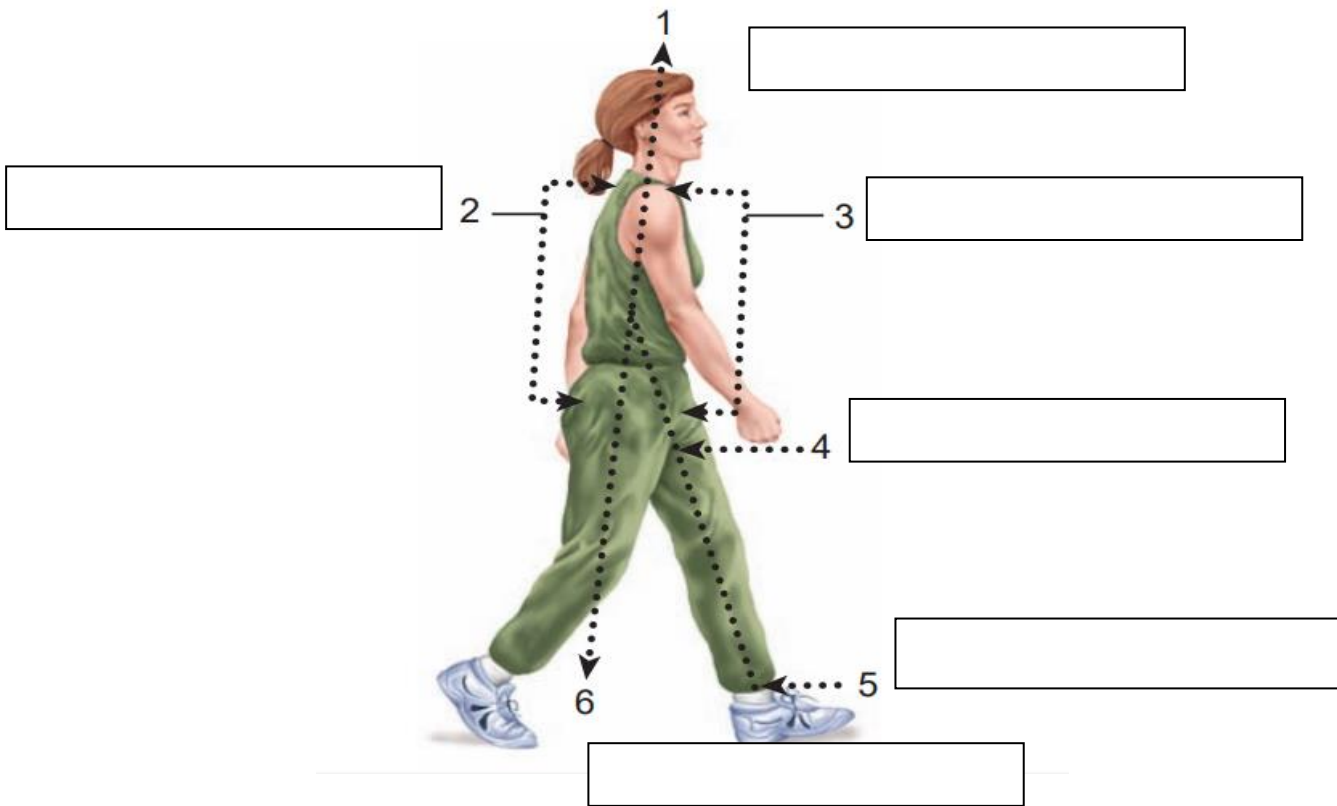


Figure. 1.2 Directional Terms

- anterior or
- distal
- inferior
- posterior or
- proximal
- superior

ventral

dorsal

Worksheet no. 3 **Body Cavities and Body Regions**

Label the major body cavities on Figures 1.3a and 1.3b in the space provided.

A.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

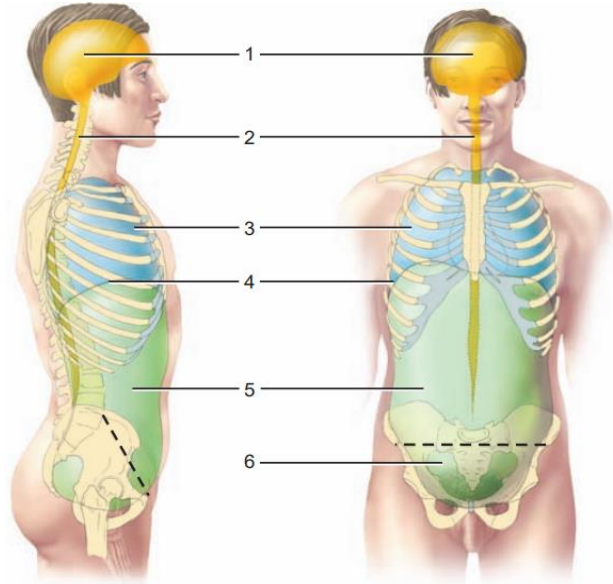
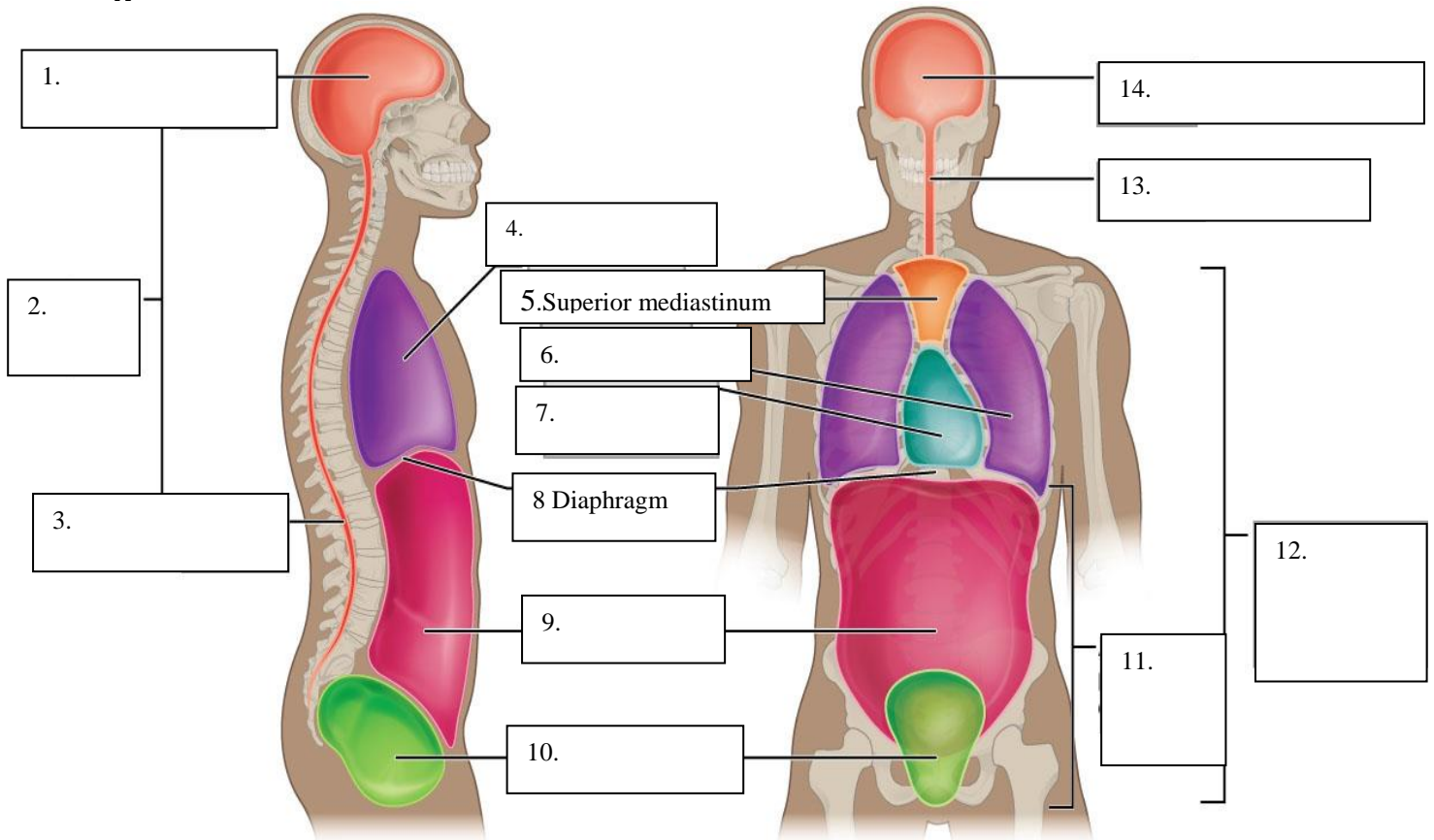


Figure. 1.3a Body Cavities

B.



Lateral view

Anterior view

Figure. 1.3b Dorsal and Ventral Body Cavities

C. Label the regions and quadrants of the peritoneal cavity on Figure 1.3.c

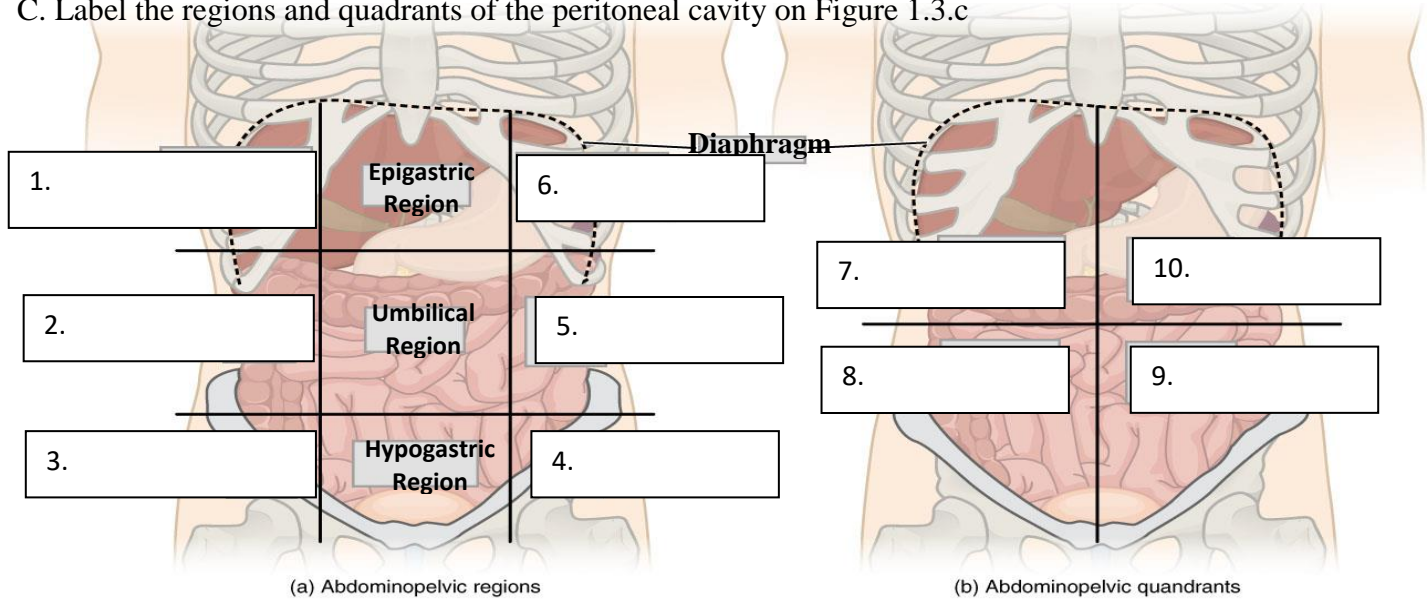
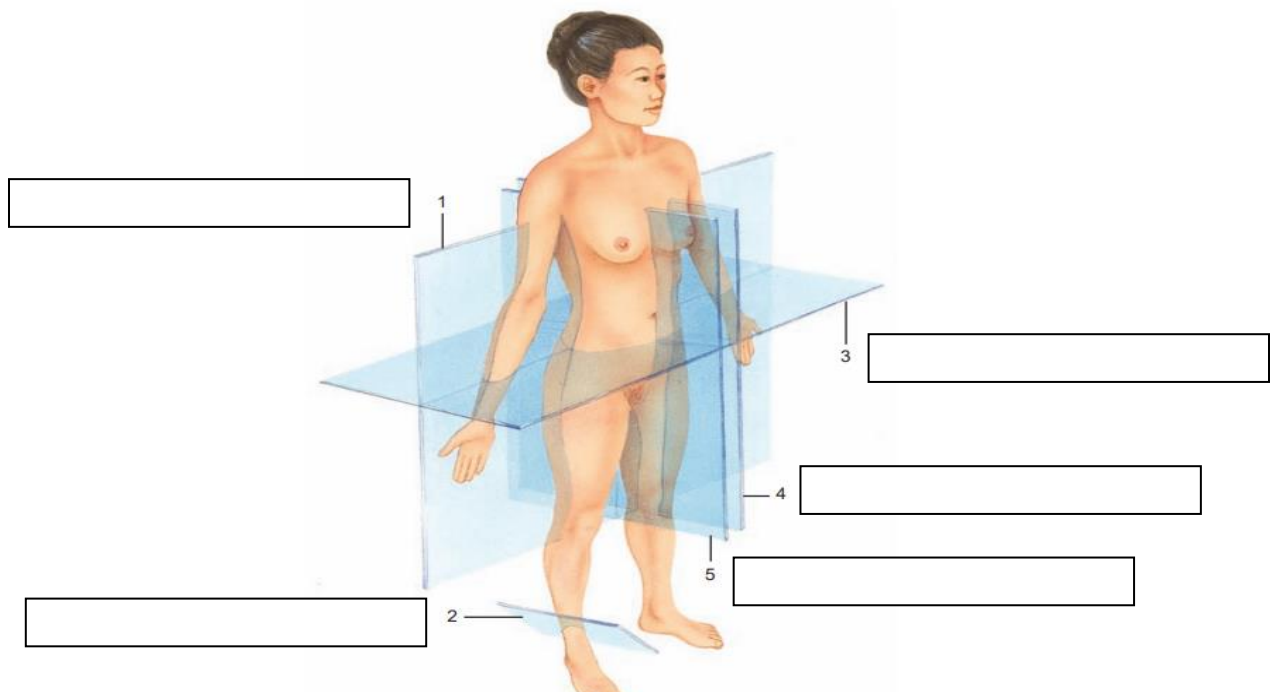


Figure 1.3c **Regions and Quadrants of the Peritoneal Cavity**

Worksheet no. 4 **Body Planes and Sections**

Identify the body planes and label Figure 1.4



Right anterolateral view

Figure 1.4 **Body planes and Sections**

References:

Allen, C. & Harper, V. (2009). *Laboratory Manual for Anatomy and Physiology*. 3rd ed.
Hoboken, NJ: John Wiley & Sons, Inc, c2009

J. Gordon Betts, Young, K. A., Wise, J. A., Johnson, E., Poe, B., Kruse, D. H., Korol, Oksana ,
Johnson, J. E., Womble, Mark , & DeSaix, P. (2013, April 25). *Anatomy and Physiology*.
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Abad, P., Paguio, J., & Valera, MJ. (2011). *Laboratory Manual for Anatomy and Physiology*.