

# INTRO LAB EXERCISE

## 1. INTEGUMENTARY SYSTEM

- Epidermis
- Dermis
- Hypodermis

## 2. SKELETAL SYSTEM

### Axial

#### Skull

- Mandible
- Maxillae
- Frontal
- Parietal
- Temporal
- Occipital

#### Vertebrae

- Cervical-7
- Thoracic-12
- Lumbar-5
- Sacral-5
- Coccygeal-4

#### Thorax

- Sternum
- Ribs-12 pairs

### Appendicular

#### Pectoral Girdle

- Clavicle
- Scapula

#### Upper Limb

- Humerus
- Radius
- Ulna
- Carpals
- Metacarpals
- Phalanges

#### Pelvic Girdle

- Coxal bones
- Symphysis pubis

#### Lower Limb

- Femur
- Patella
- Tibia
- Fibula
- Tarsals
- Metatarsals
- Phalanges

## 3. MUSCULAR SYSTEM

### Movements

- Flexion
- Extension
- Abduction
- Adduction
- Circumduction
- Rotation
- Supination
- Pronation
- Hyperextension
- Plantarflexion
- Dorsiflexion
- Elevation
- Depression
- Inversion
- Eversion
- Protraction
- Retraction
- Horizontal adduction
- Horizontal abduction
- Opposition
- Reposition

## 4. NERVOUS SYSTEM

### CNS

- Brain
- Spinal Cord

### PNS

- Cranial nerves-12 pairs
- Spinal nerves-31 pairs

## 5. ENDOCRINE SYSTEM

- Pituitary gland
- Pineal gland
- Thyroid gland
- Parathyroid gland
- Thymus gland
- Adrenal gland
- Pancreas
- Gonads

## **6. CARDIOVASCULAR SYSTEM**

### **Heart**

- Rt atrium
- Rt ventricle
- Lt atrium
- Lt ventricle

### **Vascular System**

- Arteries
- Veins
- Capillaries

## **7. LYMPHATIC SYSTEM**

- Lymph nodes
- Lymphatic vessels
- Spleen
- Tonsils
- Thymus

## **8. RESPIRATORY SYSTEM**

- Trachea
- Bronchii
- Lungs

## **9. DIGESTIVE SYSTEM**

- Oral cavity
- Esophagus
- Stomach
- Small Intestine
- Large Intestine
- Rectum
- Liver
- Gall Bladder
- Pancreas

## **10. URINARY SYSTEM**

- Kidney
- Ureter
- Urinary bladder
- Urethra

## **11. REPRODUCTIVE SYSTEM**

### **Female**

- Ovaries
- Uterine tubes
- Uterus
- Vagina
- Clitoris
- Labia

### **Male**

- Testes
- Epididymis
- Ductus deferens
- Prostate gland
- Seminal vesicle
- Bulbourethral gland
- Urethra
- Penis

## **Directional Terms**

- Superior
- Inferior
- Proximal
- Distal
- Medial
- Lateral
- Anterior
- Posterior
- Cranial
- Caudal
- Superficial
- Deep

## **Body Cavities**

- Cranial
- Spinal (Vertebral)
- Thoracic
  - Pleural
  - Pericardial
  - Mediastinum
- Abdominal Pelvic
  - Abdominal
  - Pelvic

## **Serous Membranes**

- Parietal
- Visceral

## **Landmarks**

- Cephalic
- Orbital
- Otic
- Buccal
- Nasal
- Oral
- Umbilical
- Inguinal
- Axillary
- Brachial
- Antecubital
- Antebrachial
- Carpal
- Palmar
- Digital (Phalangeal)
- Femoral
- Patellar
- Crural
- Gluteal
- Popliteal
- Sural
- Plantar