

## Anatomical Region

1. Cephalic – \_\_\_\_\_
2. Cervical – \_\_\_\_\_
3. Thoracic – \_\_\_\_\_
4. Brachial – \_\_\_\_\_
5. Antebrachial – \_\_\_\_\_
6. Carpal – \_\_\_\_\_
7. Abdominal – \_\_\_\_\_
8. Inguinal – \_\_\_\_\_
9. Femoral – \_\_\_\_\_
10. Patellar – \_\_\_\_\_
11. Crural – \_\_\_\_\_
12. Tarsal – \_\_\_\_\_
13. Pedal – \_\_\_\_\_
14. Lumbar – \_\_\_\_\_
15. Frontal – \_\_\_\_\_
16. Orbital – \_\_\_\_\_
17. Buccal – \_\_\_\_\_
18. Mental – \_\_\_\_\_
19. Occipital – \_\_\_\_\_
20. Scapular – \_\_\_\_\_
21. Umbilical – \_\_\_\_\_
22. Coxal – \_\_\_\_\_
23. Gluteal – \_\_\_\_\_
24. Popliteal – \_\_\_\_\_
25. Sural – \_\_\_\_\_
26. Calcaneal – \_\_\_\_\_

- A. Forearm
- B. Head
- C. Ankle
- D. Abdomen
- E. Groin
- F. Arm
- G. Chest
- H. Thigh
- I. Neck
- J. Lower back
- K. Leg (shin)
- L. Wrist
- M. Foot
- N. Kneecap
- O. Heel
- P. Palm of hand
- Q. Shoulder blade
- R. Navel (belly button)
- S. Buttock
- T. Back of knee
- U. Back of lower leg (calf)
- V. Eye socket
- W. Cheek
- X. Chin
- Y. Forehead
- Z. Hip

## Directional Terms

- Which term means **toward the head**?
  - Inferior
  - Medial
  - Superior
  - Distal
- Which term means **toward the feet**?
  - Distal
  - Inferior
  - Posterior
  - Proximal
- The nose is \_\_\_\_\_ to the ears.
  - Lateral
  - Deep
  - Medial
  - Superficial
- The lungs are \_\_\_\_\_ to the ribs.
  - Deep
  - Superficial
  - Lateral
  - Inferior
- The skin is \_\_\_\_\_ to the muscles.
  - Posterior
  - Lateral
  - Superficial
  - Deep
- The heart is \_\_\_\_\_ to the lungs.
  - Lateral
  - Inferior
  - Medial
  - Distal
- The elbows are \_\_\_\_\_ to the shoulders.
  - Proximal
  - Medial
  - Distal
  - Superior
- The shoulders are \_\_\_\_\_ to the fingers.
  - Distal
  - Proximal
  - Inferior
  - Posterior
- The spine is \_\_\_\_\_ to the sternum.
  - Anterior
  - Lateral
  - Posterior
  - Medial
- The chest is \_\_\_\_\_ to the back.
  - Posterior
  - Inferior
  - Anterior
  - Deep
- The thumb is \_\_\_\_\_ to the pinky in anatomical position.
  - Medial
  - Distal
  - Lateral
  - Proximal
- The brain is \_\_\_\_\_ to the spinal cord.
  - Inferior
  - Superior
  - Posterior
  - Distal
- The kidneys are \_\_\_\_\_ to the intestines.
  - Superficial
  - Medial
  - Deep
  - Distal
- The toes are \_\_\_\_\_ to the ankle.
  - Medial
  - Proximal
  - Distal
  - Superior
- The stomach is \_\_\_\_\_ to the heart.
  - Superior
  - Inferior
  - Lateral
  - Superficial

16. The arms are \_\_\_\_\_ to the chest.  
A. Medial  
B. Lateral  
C. Proximal  
D. Deep
17. The vertebral column is \_\_\_\_\_ to the heart.  
A. Anterior  
B. Posterior  
C. Inferior  
D. Superficial
18. The organs inside the abdominal cavity are \_\_\_\_\_ to the skin.  
A. Superficial  
B. Inferior  
C. Deep  
D. Lateral
19. The eyes are \_\_\_\_\_ to the ears.  
A. Lateral  
B. Distal  
C. Posterior  
D. Anterior
20. The knee is \_\_\_\_\_ to the hip.  
A. Proximal  
B. Superior  
C. Medial  
D. Distal
21. The nose is \_\_\_\_\_ to the mouth.  
A. Inferior  
B. Posterior  
C. Superior  
D. Distal
22. The lungs are \_\_\_\_\_ to the heart.  
A. Medial  
B. Lateral  
C. Proximal  
D. Inferior
23. The wrist is \_\_\_\_\_ to the elbow.  
A. Superior  
B. Posterior  
C. Proximal  
D. Distal
24. The heart is \_\_\_\_\_ to the diaphragm.  
A. Inferior  
B. Distal  
C. Superior  
D. Posterior
25. The cheekbones are \_\_\_\_\_ to the nose.  
A. Medial  
B. Lateral  
C. Posterior  
D. Inferior

## Skeletal System

1. The **axial skeleton** consists of:
  - A. Skull, vertebral column, ribs, and sternum
  - B. Arms and legs
  - C. Pelvic and pectoral girdles
  - D. Limbs and scapula
2. Which of the following minerals are stored in bone?
  - A. Iron and potassium
  - B. Sodium and magnesium
  - C. Calcium and phosphorus
  - D. Zinc and iodine
3. Bone tissue is composed of approximately what percent water?
  - A. 25%
  - B. 40%
  - C. 50%
  - D. 75%
4. The primary cell type responsible for breaking down bone tissue is the:
  - A. Osteoblast
  - B. Osteoclast
  - C. Osteocyte
  - D. Chondrocyte
5. The primary function of red bone marrow is to:
  - A. Store fat
  - B. Produce blood cells
  - C. Store calcium
  - D. Lubricate joints
6. The **epiphysis** is:
  - A. The shaft of a long bone
  - B. The end of a developing bone
  - C. The central marrow cavity
  - D. The covering membrane
7. The **diaphysis** refers to:
  - A. The bone ends
  - B. The shaft or body of the long bone
  - C. The outer cartilage surface
  - D. The medullary canal lining
8. The membrane that lines the medullary canal is the:
  - A. Periosteum
  - B. Endosteum
  - C. Osteon
  - D. Cancellous tissue
9. The region of growing tissue between the epiphysis and diaphysis in children is the:
  - A. Growth (epiphyseal) plate
  - B. Articular cartilage
  - C. Periosteum
  - D. Medullary canal
10. Which type of joint allows *no* movement?
  - A. Synarthrosis
  - B. Amphiarthrosis
  - C. Diarthrosis
  - D. Synovial
11. Which type of joint permits *limited* movement, such as between vertebrae?
  - A. Synarthrotic
  - B. Amphiarthrotic
  - C. Diarthrotic
  - D. Hinge
12. The vertebral column consists of how many cervical vertebrae?
  - A. 5
  - B. 7
  - C. 12
  - D. 14

## Muscular System

1. Involuntary muscle movements are:
  - A. Always skeletal
  - B. Under conscious

- control C. Automatic and unconscious D. Found only in limbs
2. Muscles produce heat by:  
A. Sweating B. Friction C. Chemical changes during contraction D. Stretching
  3. Muscle tissue is composed of approximately what percentage of water?  
A. 50% B. 60% C. 75% D. 90%
  4. The three types of muscle tissue are:  
A. Smooth, fibrous, connective B. Skeletal, smooth, cardiac C. Striated, visceral, voluntary D. Cardiac, involuntary, fascia
  5. Smooth muscle is found in all the following EXCEPT:  
A. Digestive tract B. Heart C. Blood vessels D. Respiratory tract
  6. Cardiac muscle cells are:  
A. Striated and voluntary B. Non-striated and involuntary C. Striated and involuntary D. Smooth and voluntary
  7. The average resting heart beats how many times per minute?  
A. 30-50 B. 60-80 C. 90-110 D. 120-140
  8. The main chemical energy source for muscles is:  
A. RNA B. ATP C. ADP D. Glucose phosphate
  9. Aerobic ATP production requires:  
A. No oxygen B. Oxygen C. Lactic acid D. Nitrogen
  10. Creatine phosphate provides:  
A. Long-term endurance energy B. Short bursts of skeletal muscle energy C. Energy only for the heart D. Oxygen supply to muscles
  11. Muscle fatigue sets in when:  
A. ATP is overproduced B. Oxygen supply is insufficient C. The body is resting D. Lactic acid is absent
  12. The attachment point of a muscle that remains fixed during movement is the:  
A. Insertion B. Junction C. Origin D. Apex
  13. The movable attachment point of a muscle is the:  
A. Origin B. Insertion C. Fascia D. Ligament
  14. A synergist muscle:  
A. Opposes the prime mover B. Stabilizes a joint C. Works with the prime mover D. Prevents contraction