

Cornell Notes

Name: Marcelle Nugent

Date: August 31, 2011

Topic: Positions of Parts of the Body

Class/Subject: Mr. Jose Anatomy Per. 4

Start:
11:20

Anatomical Position

- Standing erect, with palms and feet facing forward
- Is the standard reference point in which all positions, movements, and planes are described

Positions and Directions

Terms of position and direction describe the position of one body part relative to another

Superior :

Close to the head

Inferior :

Closer to the feet

Anterior :

Towards the front of body

Posterior :

Towards the back of the body

Medial :

Closer to the midline

Lateral

Farther from the midline

Distal :

(Reference to extremities only) Further away from the root of the limb

Proximal :

Closer to the root of the limb

Superficial :

• When you divide the skeleton into Axial (Blue) and Appendicular (Yellow) you can better understand the extremities and their roots.

Deep :

Closer to the surface

Closer to the core

The human body is made up of many positions.

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Ventral:

Towards the front or belly
ex. you vent out of your nose and mouth.

Dorsal:

Towards the back
ex. Like the Dorsal fin of a dolphin

Prone:
Supine:

Lying face down
Lying face up

Unilateral:
Bilateral:

Pertaining to one side of the body
Pertaining to both sides of the body

Anatomical Planes

Fixed lines of reference along which the body is often divided or sectioned to facilitate viewing of its structures

Sagittal Plane

The plane dividing the body into right and left portions

Axial:

• midsagittal or median are the names of the plane dividing the body into equal right and left parts of the body
Consists of 80 bones along the central axis of the body. ex. skull, rib cage, and sternum

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Appendicular:
Frontal Plane

Part that is joined to something larger ~~ex. arm~~ and forearm and Pelvis.
The plane dividing the body into front and back portions
Also called the Coronal plane

Transverse Plane

The horizontal plane dividing the body into upper and lower portions. Also called the Horizontal Plane.

11:50

* Class work:
Use these terms in a sentence to show that you understand the meaning. Example:
"The nose is anterior."

Anterior Unilateral
Posterior Bilateral
Prone
Supine
Axial
Appendicular
Sagittal
Frontal
Transverse

*If class work is not finished in class, complete as homework.

Superior Dorsal
Inferior Ventral
Medial
Lateral
Distal
Proximal
Superficial
Deep

} "Use in comparison to another part of the body"

End:
12:14

