

Name_____

Date_____

FINDING YOUR WAY AROUND THE BODY NOTE TAKING GUIDE #1

1. What are the two main components of Anatomy and Physiology?
2. Give two reasons to study A&P.
3. What are three ways you can orient yourself when studying the body?
4. Three types of planes that can be studied in the body are...?
5. How does the mirror box work?
6. What are the terms for above and below?
7. Further from and closer to the trunk?
8. More to the outside and inside of the body?
9. Away from the midline and closer to the midline?

10. In front of and behind?

11. Why are scientific names for body directions used?

12. Complete the instructions below on the figure at the bottom of the page.

1st: Using your writing utensil as the scalpel and start at the patient's right frontal region, make a transverse incision proceeding to the region that is superior to the left orbital region.

2nd: Then make a notch in the inferior most section of the left otic region.

3rd. Make an incision in the center of the patient's left antecubital region and proceed in a proximal direction to the left acromion.

4th: Finally, make a sagittal incision at the superior, medial region of the sternum and proceed inferiorly to the umbilicus.

