LABORATORY MANUAL FOR

# ANATOMY & PHYSIOLOGY

CONNIE ALLEN VALERIE HARPER SIXTH EDITION



6th

## Laboratory Manual for Anatomy and Physiology

This book is dedicated to my newest granddaughter, Cassidy Joy Thomas, in addition to my other 5 grandchildren: Michael, Jaxton, Jaden, Gianna, and Taralyn. —CONNIE ALLEN

To my husband Chuck and my children Scott and Kate: Your love and support are invaluable to me. —VALERIE HARPER

6th

## Laboratory Manual for Anatomy and Physiology

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## Preface

**natomy and physiology** is a challenging course, and this laboratory manual is written to help students meet that challenge. It is written for students interested in allied health fields, such as nursing; physical, respiratory, cardiovascular, or occupational therapy; radiology; and dental hygiene. This manual may be used with any two-semester anatomy and physiology textbook.

The design of this laboratory manual is based on the authors' experience as anatomy and physiology instructors and uses three learning styles: visual, auditory, and kinesthetic.

When students label diagrams, they focus on the structure rather than just the dot at the end of a line. Writing out the structure's name and pronouncing it reinforces learning. Also, having students become subjects of laboratory exercises personalizes the learning process. Animal dissections give students an opportunity to physically manipulate structures, comparing location and texture, and to observe how structures are supported, protected, and attached by connective tissue.

## Special Features Incorporated in this Laboratory Manual Include:

- This lab manual can be used for online anatomy and physiology classes. Many lab activities can be performed by students at home or used in the laboratory. Online students can also use the **Real Anatomy** Virtual Dissection program and **PowerPhys** simulated lab activities to enhance their learning.
- Just enough text is provided to introduce concepts in each section and to set up and support the laboratory section. The exercises are written so students do not need their textbooks to complete the laboratory activities.
- New material is divided into small segments, starting with simple diagrams, illustrating the basic concepts and building up to more complex diagrams. Subsequent activities add to the students' knowledge in a stepwise fashion. This is especially noticed in the skeletal and muscular exercises.
- Each exercise contains a list of objectives, materials needed for the exercise, and easily identifiable laboratory activity sections.
- Unlabeled four-color drawings, photographs, and photomicrographs are included for students to label either at home or in the laboratory. Students first write out the name of the structure to help learn it. Then the completed diagrams will be used to identify structures on models.

- Physiology experiments use students as subjects and can be completed with either simple, inexpensive equipment and materials or more complex lab setups.
- Experimental report sections after physiology experiments where students are asked to make predictions, collect and analyze data, and write simple lab reports.
- Discussion Questions are within the activities to make the students think about the material presented.
- An Answer Key is provided at the end of the laboratory manual for the activities in each exercise. Students receive immediate feedback, and they are not dependent on the instructor for the correct answers.
- "Reviewing Your Knowledge" and "Using Your Knowledge" sections follow the activities at the end of each exercise. "Reviewing Your Knowledge" provides a thorough review of the material in the exercise, whereas "Using Your Knowledge" requires students to apply information learned. Either or both of these sections may be handed in to the instructors for a grade, because neither section has answers in the back of the laboratory manual.
- Biopac Laboratory Guide Experiments are available online for several exercises.

#### **New Features to the Sixth Edition**

- Revised Exercise 6: Tissues with many new photomicrographs.
- Revised Exercise 14: Skeletal Muscles with many new drawings and cadaver photos
- Updated drawings in many Exercises.
- Wiley Engage online platform for enhanced engagement and customization capabilities.

### Wiley Engage

Wiley Engage for Anatomy and Physiology is an innovative, dynamic online environment—designed to help you administer your lab in a personalized way. Utilizing Wiley Engage in your lab provides you with the tools and resources to create and manage effective activities and assessment strategies.

**Wiley Engage** for the Allen & Harper *Lab Manual for Anatomy & Physiology* includes:

• Complete online version of the Lab Manual, including interactive labeling exercises, for seamless integration of all content. This content can be fully customized, curated, or rearranged to better support your lab, and local content can be easily added, including your own assessment questions.

- Relevant student study tools and learning resources ensure positive learning outcomes.
- Resources like Dissection Videos and Anatomy Drill and Practice labeling help students study for laboratory practicals.
- **PowerPhys** 3.1, lab simulation software that allows students to explore physiology principles through self-contained activities. Each activity follows the scientific method containing objectives with animated review material, prelab quizzes, pre-lab reports (including predictions and variables), data collection and analysis, and a full lab report with discussion and application questions. Experiments contain real data that is randomly generated, allowing users to experiment multiple times, but still arrive at the same conclusions. These activities focus on core physiological concepts and reinforce techniques experienced in the laboratory.
- **Real Anatomy**, 3-D imaging software that allows you to dissect through multiple layers of a three-dimensional real human body to study and learn the anatomical structures of all body systems.

Please contact your Wiley representative for details about these and other resources or visit our website at www.wiley.com.

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## Anatomical Language

#### ΟΒЈΕСΤΙVΕS

- 1 Describe the anatomical position
- 2 Use anatomical and directional terms correctly
- 3 Identify the various body planes and sections

#### MATERIALS

- human models or anatomical charts
- apples (1 per group) and plastic knives or scalpels
- plastic tubing (eight-inch piece per group) or plastic straw
- 5 sheep brains (for class demonstration)

**natomical terms describe body positions,** body regions, specific body areas, and landmarks. Most of these words are derived from Latin or Greek and are often part of the names of muscles, bones, nerves, and blood vessels. Learning these terms at this time will help you throughout the course.

### A. Body Position

The **anatomical position** is the reference position anatomists and people in medical fields use to describe the location of body parts or regions. In the anatomical position, the body is erect (vertical) and facing forward; the arms are straight and at the sides of the body with the palms facing forward; the legs are straight with the feet facing forward and flat (Figure 1.1).

In the **supine position**, the body is horizontal and lying on the back. In the **prone position**, the body is horizontal and lying on the stomach.

### **B. Body Regions**

Body regions refer to specific areas of the body. It is important that you learn the correct boundaries for each region. The main body regions are the head, neck, trunk, upper limbs, and lower limbs. The **head** consists of the **skull** (cranial and facial bones), and **face** (anterior portion of the head comprised of the forehead, eyes, nose, mouth, cheeks, and chin). The **neck** connects the head to the trunk.

The **trunk** consists of the **chest** (area between neck and diaphragm) that contains the heart and lungs, the **abdomen** (area between chest and hip bones) that contains digestive organs, the **pelvis** (area below abdomen that contains internal reproductive organs and urinary bladder), and the **back** (posterior portion of trunk between neck and buttocks).

The **upper limb** consists of the **shoulder** (curved area where arm attaches to upper border of trunk), **arm** (area between shoulder and elbow), **forearm** (area between elbow and wrist), and **hand** (wrist, palm, fingers).

The **lower limb** consists of **the buttocks** (rounded area on posterior surface where thigh attaches to trunk), **groin** (area on anterior surface where lower limb attaches to pelvis), **thigh** (area of lower limb between the groin and knee), **leg** (area of lower limb between knee and ankle), and **foot** (includes ankle, sole, toes).

Many anatomical terms have one or more word roots with a prefix and/or a suffix added. For example, in the word *antecubital*, *ante-* is a prefix meaning before or in front of, the word root *cubit-* means elbow, *-al* is a suffix meaning pertaining to. Table 1.1 contains anatomical terms with four different suffixes, all of which mean pertaining to. These suffixes are *-al*, *-ic*, *-ar*, and *-ary*. When suffixes like these are added to word roots they form adjectives, whereas nouns have different endings such as *-um*, *-us*, *-is*, and -a. For example, stern- is a word root meaning chest; sternum is the noun and sternal is the adjective. Anatomical terms and their definitions are found in Table 1.1. Word roots and their definitions are found in Appendix A, as well as nouns and adjectives formed from the word roots.

#### **Before Going to Lab**

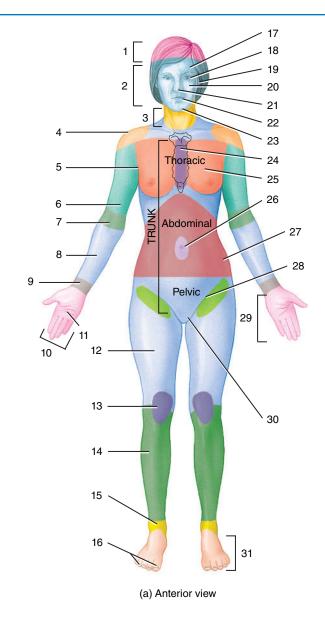
- **1** Label Figure 1.1 with the appropriate anatomical terms for each body region or area. Refer to Table 1.1.
- 2 Refer to Appendix A to review how word roots, suffixes, and prefixes are combined to form nouns and adjectives.

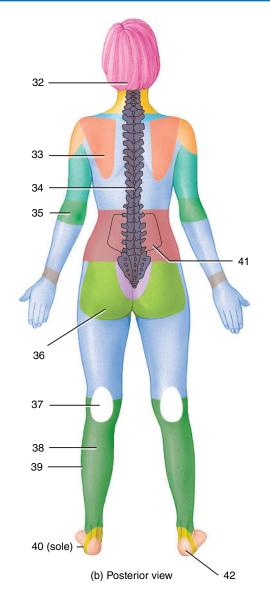
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#### LAB ACTIVITY 1 Anatomical Terms

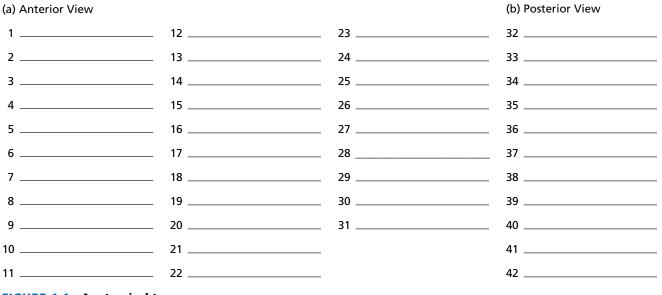
**1** Use anatomical and common terms to identify the specific body regions or areas on models, anatomical charts, or yourself.

TABLE 1.1         Anatomical Terms			
TERM	DEFINITION	TERM	DEFINITION
AXIAL	Pertaining to the central part of the body, the head and trunk	APPENDICULAR Upper Limb (Appendage)	Pertaining to the extremities or limbs
AXIAL Cephalic (se-FAL-ik) - Cranial - Facial - Frontal - Orbital - Orbital - Otic (OH-tik) - Nasal - Buccal (BUCK-al) - Oral - Mental - Occipital (ox-SIP-i-tal) Cervical Thoracic - Sternal - Pectoral - Mammary Abdominal - Umbilical (um-BIL-ih-cal) - Coxal (COX-al) Pelvic - Pubic (PYOO-bik) Dorsal - Scapular - Vertebral (ver-TEE-brul)	of the body, the head and		
• Lumbar	Pertaining to the area of the back between the lowest rib and buttocks.	<ul> <li>Tarsal (TAR-sul)</li> <li>Pedal</li> <li>Plantar</li> <li>Calcaneal (kal-KANE-ee-ul)</li> <li>Digital</li> </ul>	Pertaining to the ankle Pertaining to the foot Pertaining to the sole of foot Pertaining to the heel Pertaining to the digits (toes)





(a) Anterior View





### **C. Directional Terms**

Directional terms are used to describe the location of body structures relative to other structures. An example of a directional term is *inferior*, which means below. It would be correct to say that the neck is inferior to the head but incorrect to say that the neck is inferior. The directional terms are listed in Table 1.2, along with an example of how they are used. Note that opposite terms are paired.

The directional terms *proximal* and *distal* apply to the point of attachment of a limb to the torso or the point of origin of a structure such as a blood vessel or nerve. These terms refer to the location of structures relative to the point of attachment or point of origin, whether they are closer (proximal) or farther away (distal).

More than one directional term can apply to describe the location of a body structure. For example, the ears are posterior and lateral to the nose.

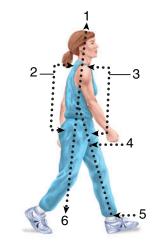
#### **Before Going to Lab**

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

#### LAB ACTIVITY 2 Directional Terms

**1** With your partner, complete the sentences using the appropriate directional term from Table 1.2. Refer to the anatomical terms in Table 1.1 and Appendix A as needed.

- **a.** The sternum is \_\_\_\_\_\_ to the vertebrae.
- **b.** The nose is \_\_\_\_\_\_ and \_\_\_\_\_ to the eyes.
- **c.** The heart is \_\_\_\_\_\_ to the lungs.
- **d.** The wrist is \_\_\_\_\_\_ to the arm.
- **e.** The right lung and right kidney are \_\_\_\_\_
- **f.** The skin is \_\_\_\_\_\_ to the bones.



anterior or ventral
distal
distal
inferior
posterior or dorsal
proximal
superior
6



DIRECTIONAL TERM	DEFINITION	EXAMPLE OF USE
Superior	Above	The head is superior to the neck.
Inferior	Below	The neck is inferior to the head.
Anterior (Ventral)	Closer to front of body	The lips are anterior to the teeth.
Posterior (Dorsal)	Closer to back of body	The teeth are posterior to the lips.
Medial	Closer to midline of body	The nose is medial to the eyes.
Lateral	Farther from midline of body	The eyes are lateral to the nose.
Intermediate	Between two structures	The elbow is intermediate between the shoulder and wrist.
Ipsilateral	On same side of body	The right arm and right leg are ipsilateral.
Contralateral	On opposite sides of body	The right arm and left arm are contralateral.
Proximal	Nearer to point of attachment of limb to trunk	The elbow is proximal to the wrist.
Distal	Farther from point of attachment of limb to trunk	The wrist is distal to the elbow.
Superficial	Closer to surface of body	The skin is superficial to the muscles.
Deep	Farther from surface of body	The muscles are deep to the skin.

#### **TABLE 1.2** Directional Terms

### **D. Body Planes and Sections**

Planes are flat surfaces that divide the body or organs in order to expose internal structures (Figure 1.3). The exposed surfaces produced by planes are called **sections. Sagittal** (*sagitta* = arrow) **planes** pass vertically through the body or organs and divide them into right and left sections (**sagittal sections**).

If a plane passes vertically through the midline and divides the body into equal right and left halves, the plane is a **midsagittal plane**, but if a plane divides the body into unequal right and left portions, it is a **parasagittal plane**.

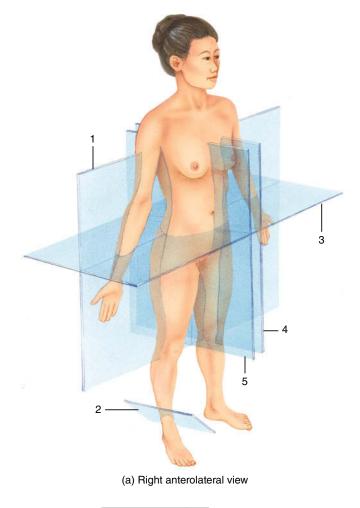
A **frontal** or **coronal plane** passes vertically through the body or organs and produces anterior and posterior sections (**frontal sections**). A **transverse plane** passes horizontally through the body and produces superior and inferior sections (**transverse sections** or **cross-sections**). **Oblique planes** pass through the body at an angle forming oblique sections.

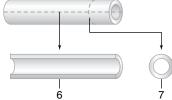
We often look at sections of individual organs, such as blood vessels, intestines, or long bones. Sections that are produced by a plane running along the long axis of a long narrow structure are called **longitudinal sections**. Sections that are produced by a plane running perpendicular to the long axis are called **cross-sections**. Because blood vessels and intestines twist and bend, one body plane may produce longitudinal sections, cross-sections, and oblique sections of these structures.

**CLINICAL NOTE:** Transverse sections observed with computed tomography (CT) scans or magnetic resonance imaging (MRIs) are called **axial sections**.

#### **Before Going to Lab**

- **1** Label the planes in Figures 1.3(a) and the sections in Figure 1.3(b) with the terms in the accompanying bulleted list by writing the term in the appropriate numbered blank.
- **2** Identify the type of sections of the human brain in Figure 1.4.

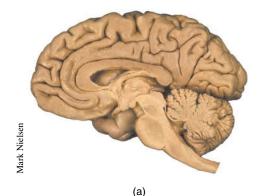




(b) Longitudinal and cross-sections

<ul> <li>cross-section</li> </ul>	1
<ul> <li>frontal plane</li> </ul>	2
longitudinal section	3
5	
<ul> <li>midsagittal plane</li> </ul>	4
<ul> <li>oblique plane</li> </ul>	5
<ul> <li>parasagittal plane</li> </ul>	6
<ul> <li>transverse plane</li> </ul>	7







(b)

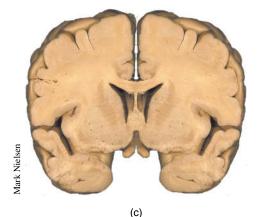




FIGURE 1.4 Human brain sections.

#### LAB ACTIVITY 3 Body Planes and Sections

- **1** Observe sagittal, frontal, and transverse sections using an apple.
  - Working in a group, draw a face on the apple.
  - Cut sagittal, frontal, and transverse planes through the apple to make sagittal, frontal, and transverse sections.
  - Compare the appearance of the apple core in each section. Describe any difference in shape, size, and number of seed chambers.
  - Keep sections together to form a whole apple to show to your instructor.
- **2** Observe longitudinal sections and cross-sections using plastic tubing or plastic straw.
  - Observe a demonstration provided by your instructor of a tube cut along its longitudinal axis to produce a longitudinal section and a tube cut perpendicular to its longitudinal axis to produce a cross-section.
  - Obtain an eight-inch piece of plastic tubing or plastic straw and twist it so you can visualize <u>one plane</u> that would simultaneously divide one area of the tube

into a longitudinal section and another area into a cross-section.

- Do not cut the tube unless instructed to do so.
- Show your instructor where a cut would produce both a longitudinal section and a cross-section.
- **3** Identify sagittal, frontal, transverse, and oblique sections on sheep brains.
  - Your instructor will display five sheep brains—one whole brain and four brains that have been cut into different sections.
  - Determine the anterior, posterior, superior, and inferior surfaces of the brains.
  - Decide which brain has been cut into sagittal, frontal, transverse, or oblique sections.
  - Compare the appearance of the different sections.

Brain 1—Whole brain

Brain 2 \_\_\_\_\_\_ section

Brain 3 \_\_\_\_\_\_ section

Brain 4 \_\_\_\_\_\_ section

Brain 5 \_\_\_\_\_\_ section

## **Reviewing Your Knowledge**

#### EXERCISE

## A. Body Regions

Identify the body regions using common terms.

1.	The area between the groin and knee.
2.	The area between the shoulder and elbow.
3.	The area between the elbow and wrist.
4.	The area between the knee and ankle.
5.	The area of the trunk between the neck and diaphragm.
6.	The area of the trunk between the diaphragm and hip bones.
7.	The area of the trunk inferior to the hip bones.
	Posterior trunk that is located between the neck and buttocks.
9.	Curved area where upper limb attaches to upper border of trunk.
10.	Area on anterior surface where lower limb attaches to pelvis.
11.	Rounded area on posterior surface where lower limb attaches to pelvis.
12.	Under arm area where upper limb attaches to trunk.
13.	The leg is to the lower limb as the is to the upper limb.
14.	The arm is to the upper limb as the is to the lower limb.
15.	The armpit is to the upper limb as the is to the lower limb.
16.	The ankle is to the lower limb as the is to the upper limb.
17.	The elbow is to the upper limb as the is to the lower limb.
18.	The shoulder is to the upper limb as the is to the lower limb.
19.	True or False. The hand includes the wrist and fingers and the foot includes the ankles and toes.
20.	True or False. The bones of the face are also part of the skull.

### **B.** Anatomical Terms

Write the anatomical terms that the phrase or word describes. Phrases or words referring to nouns are indicated. All other phrases refer to adjectives.

1.	Navel (noun)
2.	Pertaining to the area between the neck and abdomen
3.	Pertaining to the ear
4.	Pertaining to the palm of hand
5.	Pertaining to the high point of the shoulder
6.	Pertaining to the anterior surface of the elbow region
7.	Pertaining to the face; anterior portion of the head
8.	Pertaining to the nose
	Pertaining to the neck
10.	Pertaining to the posterior surface of the knee
11.	Wrist (noun)
12.	Pertaining to the area between the elbow and wrist
13.	Back (noun)
14.	Armpit area (noun)
15.	Pertaining to the mouth
16.	Pertaining to the anterior surface of the knee
17.	Breast bone (noun)
18.	Pertaining to the hip
19.	Pertaining to the lateral side of the leg
20.	Pertaining to the calf
21.	Pertaining to the area between the shoulder and elbow
22.	Pertaining to the fingers or toes
23.	Pertaining to the hand
24.	Pertaining to the breast
25.	Pertaining to the cheek

26.	Pertaining to the heel
27.	Pertaining to the sole of the foot
28.	Pertaining to the groin where the thigh attaches to the pelvic region
29.	Pertaining to the head
30.	Pertaining to the chin
31.	Pertaining to the foot
32.	Pertaining to the eye
33.	Pertaining to the genital area
34.	Pertaining to the area between the hip and knee
35.	Pertaining to the area that includes the bones enclosing the brain
36.	Pertaining to the forehead
37.	Pertaining to the spinal column
38.	Pertaining to the inferior back of the head
39.	Pertaining to the anterior surface of the leg
40.	Pertaining to the area of the lower back or loin
41.	Pertaining to the trunk below the abdomen
42.	Pertaining to the area of the back that contains the shoulder blades
43.	Pertaining to the posterior surface of the elbow
44.	Arm (noun)
45.	Two terms pertaining to the chest

## **C. Body Planes and Sections**

Write the name of the plane that the phrase describes.

1.	Divides body or organ into unequal right and left sections
2.	Divides body or organ into anterior and posterior sections
3.	Divides body or organ into superior and inferior sections
4.	Divides body into right and left halves
5.	Which two planes when passed through the body would result in two sections, with each section containing a piece of the heart and a piece of each lung?