I.B. ANATOMY POSTER CHECKLIST

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| **DIRECTIONAL TERMINOLOGY**Anatomical positionInferior, superiorProximal, distalPosterior, anteriorLateral, medialSuperior, inferiorSupine, proneInternal, external | **PLANES OF THE BODY**Medial, midsagittal or sagittalFrontal or coronalTransverse or horizontalCentre of gravity | **MOVEMENTS**Flexion, extensionDorsiflexion, plantar flexionAbduction, adductionCircumductionRotationPronation, supinationInversion, eversion |
| **TYPES OF BONES**Long ShortFlatIrregularSesamoid | **VERTEBRAL COLUMN**CervicalThoracicLumbarSacrumCoccyx | **BONES**Axial skeletonAppendicular skeletonSkull, sternum, ribs, clavicle, scapula, humerus, pelvic girdle, radius, ulna, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, phalanges |
| **STRUCTURE OF A LONG BONE**EpiphysisDiaphysisRed bone marrowYellow bone marrowCancellous boneCompact bone | **MUSCLES**Rectus abdominis, External obliques, Erector spinae, Deltoid, Pectoralis major, Biceps brachii, Trapezius, Latissimus dorsi, Triceps brachii, Iliopsoas, Sartorius, Rectus femoris, Vastus lateralis, Vastus intermedius, Vastus medialis, Tibialis anterior, Gluteus maximus, Bicep femoris, Semitendinosus, Semimembranosus, Gastrocnemius, Soleus | **ORIGIN AND INSERTION**Show an example with one muscle. No need to do it for every muscle |
| **THREE TYPES OF MUSCLES**SkeletalCardiacSmooth  | **STRUCTURE OF SKELETAL MUSCLE**PerimysiumEpimysiumEndomysiuimMuscle fiberMuscle bundle | **TYPES OF JOINTS**Cartilaginous FibrousSynovial |
| **TYPES OF JOINTS**FibrousCartilaginousSynovial | **RIBS**True RibsFalse RibsFloating Ribs | **TYPES OF SYNOVIAL JOINTS**Hinge, Pivot, Condyloid, Saddle, Ball and socket, Gliding  |