I.B. ANATOMY POSTER CHECKLIST

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| **DIRECTIONAL TERMINOLOGY**  Anatomical position  Inferior, superior  Proximal, distal  Posterior, anterior  Lateral, medial  Superior, inferior  Supine, prone  Internal, external | **PLANES OF THE BODY**  Medial, midsagittal or sagittal  Frontal or coronal  Transverse or horizontal  Centre of gravity | **MOVEMENTS**  Flexion, extension  Dorsiflexion, plantar flexion  Abduction, adduction  Circumduction  Rotation  Pronation, supination  Inversion, eversion |
| **TYPES OF BONES**  Long  Short  Flat  Irregular  Sesamoid | **VERTEBRAL COLUMN**  Cervical  Thoracic  Lumbar  Sacrum  Coccyx | **BONES**  Axial skeleton  Appendicular skeleton  Skull, sternum, ribs, clavicle, scapula, humerus, pelvic girdle, radius, ulna, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, phalanges |
| **STRUCTURE OF A LONG BONE**  Epiphysis  Diaphysis  Red bone marrow  Yellow bone marrow  Cancellous bone  Compact 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**  Skeletal  Cardiac  Smooth | **STRUCTURE OF SKELETAL MUSCLE**  Perimysium  Epimysium  Endomysiuim  Muscle fiber  Muscle bundle | **TYPES OF JOINTS**  Cartilaginous  Fibrous  Synovial |
| **TYPES OF JOINTS**  Fibrous  Cartilaginous  Synovial | **RIBS**  True Ribs  False Ribs  Floating Ribs | **TYPES OF SYNOVIAL JOINTS**  Hinge, Pivot, Condyloid, Saddle, Ball and socket, Gliding |