

Chapter 1: Orientation to the Human Body

MATCHING

Match the name of each organ system to its key components.

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|-------------------------|-------------------------------|
| a. integumentary system | g. nervous system |
| b. skeletal system | h. endocrine system |
| c. muscular system | i. circulatory system |
| d. lymphatic system | j. digestive system |
| e. respiratory system | k. male reproductive system |
| f. urinary system | l. female reproductive system |
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1. Consists of stomach, small and large intestines, liver, and pancreas
 2. Consists of skin, hair, and nails
 3. Consists of kidneys, ureters, urinary bladder, and urethra
 4. Consists primarily of skeletal muscles
 5. Consists of heart, arteries, veins, and capillaries
 6. Consists of brain, spinal cord, nerves, and sense organs
 7. Consists of ovaries, fallopian tubes, uterus, vagina, and breasts
 8. Consists of pituitary gland, adrenals, pancreas, and thyroid
 9. Consists of lymph nodes, lymphatic vessels, lymph, thymus, and spleen
 10. Consists of the nose, pharynx, larynx, trachea, bronchi, and lungs

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|------------------|--------|--------|--------|
| 1. ANS: J | PTS: 1 | DIF: E | REF: 6 |
| KEY: REMEMBERING | | | |
| 2. ANS: A | PTS: 1 | DIF: E | REF: 5 |
| KEY: REMEMBERING | | | |
| 3. ANS: F | PTS: 1 | DIF: E | REF: 5 |
| KEY: REMEMBERING | | | |
| 4. ANS: C | PTS: 1 | DIF: E | REF: 5 |
| KEY: REMEMBERING | | | |
| 5. ANS: I | PTS: 1 | DIF: E | REF: 6 |
| KEY: REMEMBERING | | | |
| 6. ANS: G | PTS: 1 | DIF: E | REF: 6 |
| KEY: REMEMBERING | | | |
| 7. ANS: L | PTS: 1 | DIF: E | REF: 6 |
| KEY: REMEMBERING | | | |
| 8. ANS: H | PTS: 1 | DIF: E | REF: 6 |
| KEY: REMEMBERING | | | |
| 9. ANS: D | PTS: 1 | DIF: E | REF: 5 |
| KEY: REMEMBERING | | | |
| 10. ANS: E | PTS: 1 | DIF: E | REF: 5 |
| KEY: REMEMBERING | | | |

Match each term to its definition.

- | | |
|-------------|----------------|
| a. distal | f. inferior |
| b. proximal | g. anterior |
| c. medial | h. posterior |
| d. lateral | i. superficial |
| e. superior | j. deep |

11. Toward the back of the body
12. Farthest from the point of origin
13. Above
14. At or near the body's surface
15. Toward the body's midline
16. Closest to the point of origin
17. Toward the front of the body
18. Below

11.	ANS: H	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			
12.	ANS: A	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			
13.	ANS: E	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			
14.	ANS: I	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			
15.	ANS: C	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			
16.	ANS: B	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			
17.	ANS: G	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			
18.	ANS: F	PTS: 1	DIF: E	REF: 7
	KEY: REMEMBERING			

Match each term to its location on the body.

- | | |
|----------------|--------------|
| a. frontal | i. buccal |
| b. deltoid | j. cephalic |
| c. brachial | k. lumbar |
| d. inguinal | l. calcaneal |
| e. pectoral | m. plantar |
| f. sternal | n. pedal |
| g. digital | o. tarsal |
| h. antecubital | p. axillary |
19. Arm
 20. Lower back
 21. Armpit
 22. Heel
 23. Fingers
 24. Shoulder
 25. Sole of the foot
 26. Forehead
 27. Chest
 28. Front of elbow
 29. Foot
 30. Cheek
 31. Groin
 32. Ankle

19.	ANS: C	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
20.	ANS: K	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
21.	ANS: P	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
22.	ANS: L	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
23.	ANS: G	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
24.	ANS: B	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
25.	ANS: M	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
26.	ANS: A	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
27.	ANS: E	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
28.	ANS: H	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
29.	ANS: N	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
30.	ANS: I	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
31.	ANS: D	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			
32.	ANS: O	PTS: 1	DIF: M	REF: 9
	KEY: REMEMBERING			

MULTIPLE CHOICE

33. Which organ system produces immune cells and has a role in fluid balance?
- Integumentary system
 - Circulatory system
 - Endocrine system
 - Lymphatic system

ANS: D

The lymphatic system produces immune cells and has a role in fluid balance. The integumentary system has a role in protection, temperature regulation, water retention, and sensation. The circulatory system distributes oxygen, nutrients, water, hormones, and other electrolytes; it also has a role in fluid and electrolyte balance. The endocrine system produces hormones and regulates other systems.

PTS: 1 DIF: E REF: 5 KEY: REMEMBERING

34. Which organ system protects organs, allows for support and movement, and also plays a key role in blood formation?
- Circulatory system
 - Muscular system
 - Skeletal system
 - Nervous system

ANS: C

The skeletal system protects organs, gives the body support and allows it to move, and also plays a role in the formation of blood cells. The circulatory system distributes oxygen, nutrients, water, hormones, and other electrolytes; it also has a role in fluid and electrolyte balance. The muscular system allows the body to move and produces heat. The nervous system regulates and coordinates other systems, and also has a role in sensation and memory.

PTS: 1

DIF: E

REF: 5

KEY: REMEMBERING

35. Which type of tissue covers the body's surface?

- a. Epithelial
- b. Connective
- c. Muscle
- d. Nerve

ANS: A

Epithelial tissue covers the body surfaces. Connective tissue connects and supports parts of the body. Muscle contracts to produce movement. Nerve tissue generates and transmits impulses to regulate body function.

PTS: 1

DIF: E

REF: 4

KEY: REMEMBERING

36. Bone, cartilage, and adipose tissue are all types of

- a. epithelial tissue.
- b. connective tissue.
- c. muscle.
- d. nerve tissue.

ANS: B

Bone, cartilage, and adipose tissue are all types of connective tissue.

PTS: 1

DIF: M

REF: 4

KEY: UNDERSTANDING

37. The type of plane that divides the body horizontally into upper and lower portions is called a

- a. sagittal plane.
- b. frontal plane.
- c. transverse plane.
- d. coronal plane.

ANS: C

A transverse plane divides the body horizontally into upper and lower portions. A sagittal plane divides the body lengthwise into right and left sides. A frontal plane divides the body lengthwise into anterior and posterior positions. A coronal plane is another name for a frontal plane.

PTS: 1

DIF: E

REF: 8

KEY: REMEMBERING

38. Most illustrations that show the contents of the abdominal cavity use what type of plane?

- a. Sagittal
- b. Transverse
- c. Horizontal
- d. Frontal

ANS: D

Most illustrations that show the contents of the abdominal cavity use a frontal plane. A sagittal plane is used to illustrate the organs of the head or pelvic cavity. A horizontal plane is another name for a transverse plane. A transverse plane is used by computed tomography scanners.

PTS: 1 DIF: M REF: 8 KEY: APPLYING

39. Which of the following correctly describes the anatomical position?
- Standing erect, facing forward, with arms outstretched
 - Standing erect with arms at sides, palms facing backward, face and feet facing forward
 - Standing erect with arms overhead, face and feet facing forward
 - Standing erect with arms at sides and with palms, face, and feet facing forward

ANS: D

The anatomical position involves standing erect with arms at the sides and with face, palms, and feet facing forward.

PTS: 1 DIF: E REF: 7 KEY: REMEMBERING

40. The dorsal cavity contains the
- thoracic and abdominopelvic cavities.
 - cranial and spinal cavities.
 - mediastinum and pleural cavities.
 - abdominal and pelvic cavities.

ANS: B

The dorsal cavity contains the cranial and spinal cavities. The other cavities are all contained in the ventral cavity.

PTS: 1 DIF: M REF: 10 KEY: REMEMBERING

41. The heart is located in the mediastinum, which is part of what cavity?
- Thoracic cavity
 - Dorsal cavity
 - Spinal cavity
 - Cranial cavity

ANS: A

The mediastinum is part of the thoracic cavity. The dorsal cavity is located at the back of the body. The spinal and cranial cavities are part of the dorsal cavity.

PTS: 1 DIF: E REF: 10 KEY: REMEMBERING

42. A patient comes to the hospital for treatment of pain in the right hypochondriac region. Based on the organs located in that region, which organ might be causing the pain?
- Stomach
 - Small intestines
 - Gallbladder
 - Appendix

ANS: C

The gallbladder is located in the right hypochondriac region. The stomach is found in the epigastric region. The small intestines are in the right and left lumbar regions, right and left iliac regions, and hypogastric region. The appendix is in the right iliac region.

PTS: 1 DIF: D REF: 11 KEY: ANALYZING

COMPLETION

43. The structure of the body is called _____; how it functions is called _____.

ANS: anatomy, physiology

PTS: 1 DIF: E REF: 3 KEY: REMEMBERING

44. The human body is organized from the very _____ to the very _____.

ANS: simple, complex

PTS: 1 DIF: E REF: 4 KEY: REMEMBERING

45. The region proximal to the patellar region and distal to the inguinal region is the _____ region.

ANS: femoral

PTS: 1 DIF: D REF: 9 KEY: APPLYING

46. The region superior to the pubic region and inferior to the abdominal region is the _____ region.

ANS: pelvic

PTS: 1 DIF: D REF: 9 KEY: APPLYING

47. The two major body cavities are the _____ and _____ cavities.

ANS:
dorsal, ventral
ventral, dorsal

PTS: 1 DIF: E REF: 10 KEY: REMEMBERING

48. The constancy of the body's internal environment is called _____.

ANS: homeostasis

PTS: 1 DIF: E REF: 12 KEY: REMEMBERING

49. _____ feedback is when an effector opposes the stimulus and reverses the direction of change.

ANS: Negative

PTS: 1 DIF: M REF: 13 KEY: REMEMBERING

50. During childbirth, the hormone oxytocin is released, which causes even greater contractions and an even greater release of oxytocin. This is an example of _____ feedback.

ANS: positive

PTS: 1

DIF: M

REF: 13

KEY: APPLYING