

Non-traditional lessons

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Anatomy & Physiology

Day 1

1. Define the following directional terms: superior & inferior, anterior & posterior, medial & lateral, proximal & distal, superficial & deep
2. Name the 3 planes that can divide the body; tell how each divides it
3. Give the anatomical region name for the following body areas: head (entire), forehead, neck, eye, cheek, nose, chin, armpit, arm, breast, hip, wrist, hand, fingers, thigh, knee, lower leg (front & back), ankle, foot, shoulder blade, middle of back, buttocks, sole of foot, heel

Day 2

1. Name the 4 main tissue types:
2. Give a brief description of the following types of epithelial tissues:
Simple squamous, simple cuboidal, simple columnar, stratified squamous, stratified cuboidal, stratified columnar
3. Give a brief description & where you would find the following connective tissues:
Adipose, dense regular, cartilage, bone, blood
4. List the 3 types of muscle tissue & a brief description
5. List the 2 types of nervous tissues & a brief description

Day 3

1. List 4 functions of the skin
2. Briefly describe (or give function) of the following: epidermis, dermis, subcutaneous layer, keratin, melanin, stratum basale, stratum corneum, pili, sebaceous glands, sudoriferous glands, ceruminous glands
3. Briefly describe the ABCs of melanoma

Day 4

1. List 4 functions of the skeletal system
2. Briefly describe (or give function) of the following parts of a long bone: epiphysis, diaphysis, articular cartilage, medullary cavity, periosteum, compact bone, spongy bone
3. List the parts of an osteon & tell what each does

Day 5

1. Tell what the following bone markings are: foramen, meatus, fossa, condyle, head, facet, tuberosity, spinous process, trochanter, crest

2. List the bones of the skull face & where (in the skull) they're located.
3. Where is the hyoid bone & what's its job?
4. What are fontanelles & why are they important?