Exercise One

BIO250 Lab

Anatomical Position

The Language of Anatomy

- Special terminology is used to prevent misunderstanding
- Exact terms are used for:
  - Position
  - Direction
  - Regions
  - Structures
**Orientation and Directional Terms**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
<th>Illustration</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior (cranial or cephal)</td>
<td>Toward the head and/or upper part of a structure or the body above</td>
<td><img src="image1" alt="Illustration" /></td>
<td>The head is superior to the neck.</td>
</tr>
<tr>
<td>Inferior (caudal)</td>
<td>Away from the head and/or lower part of a structure or the body below</td>
<td><img src="image2" alt="Illustration" /></td>
<td>The head is inferior to the spine.</td>
</tr>
<tr>
<td>Anterior (anterior)</td>
<td>Toward or at the front of the body, if front of</td>
<td><img src="image3" alt="Illustration" /></td>
<td>The larynx is anterior to the sternum.</td>
</tr>
<tr>
<td>Posterior (posterior)</td>
<td>Toward or at the backside of the body, behind</td>
<td><img src="image4" alt="Illustration" /></td>
<td>The heart is posterior to the sternum.</td>
</tr>
<tr>
<td>Medial</td>
<td>Toward or at the median of the body, on the inner side of</td>
<td><img src="image5" alt="Illustration" /></td>
<td>The heart is medial to the aorta.</td>
</tr>
</tbody>
</table>

**Body Landmarks**

- Anterior

![Diagram](image6)