

Anatomy Jeopardy Meets Family Feud: Anatomy Round-up First Year

1. The three anatomic planes as they are commonly called in movement:
Horizontal, vertical, sagittal
2. The two dimensions that make up the horizontal plane:
Sagittal and horizontal
3. The two dimensions that make up the vertical plane:
Vertical and horizontal
4. The two dimensions that make up the sagittal plane:
Sagittal and vertical
5. A term of position or direction that means closer to the midline
Proximal
6. Opposite of deep
Superficial
7. Meaning on the same side, like homolateral
Ipsilateral
8. Tailward, also part of the name of the nerves that exit the lower spinal canal
Caudal
9. Opposite of dorsal
Ventral
10. Closer to the head or higher than another structure in the body
Cranial, or superior or rostral
11. A type of tissue that connects, binds, and supports body structures
Connective tissue
12. Another word for adipose as in adipose tissue
Fat
13. A reservoir of calcium, an anchor for muscles, creates cavities, protects organs
Bone
14. Shiny, covers bone ends so they slip and slide
Cartilage
15. Dogs love this gelatinous substance within long bones comprised of red and white blood cells, and other goo...
Marrow
16. The skeleton with no arms, legs, or girdles
Axial
17. The kind of joint between C1 and C2
Pivot
18. Shoulder and hip joint types
Ball and socket
19. The class of joint we most often think of is named for its gelatinous fluid filled cavity
Synovial
20. This action (circle arm in shoulder socket)
Circumduction
21. This action (back of hand to cupping palm up)
Supination
22. This action (fingers tight, then spread them)

Abduction

23. These actions are both called (flex and point ankle) at the ankle joint

Flexion

24. The lumbar and cervical curves are both called, also a vertebral disorder

Lordosis

25. The thoracic curve is called, also a vertebral disorder of this body area

Kyphosis

26. One or more extreme lateral curves in the spine are this disorder

Scoliosis

27. The three individual bones that make up the breast bone

Manubrium, body, xiphoid process

28. Of the 12 ribs, how many are true; how many are false, and how many float?

7 true, 5 false, 2 float of the five that float

29. Big, middle, and small – name the three main glutes

Gluteus maximus, minimus, medius

30. Which muscle is the star, or has the worst reputation of the deep 6 rotators of the hip?

Piriformis

31. The semimembranosus, semitendinosus, and biceps femoris

Hamstrings

32. The muscles of the medial thigh do what action to the leg at the hip?

Adduct

33. The hip flexor that enables us to sit cross legged on the floor for meditation, also called the tailor's muscle

Sartorius

34. Name the two bones that make up the pectoral girdle

Clavicle and scapula

35. Thumbside arm bone

Radius

36. You can use these bones when you car pool, with your hands on the steering wheel

Carpals (tarsals are in feet)

37. These muscles meaning outside between the ribs, expand the ribs during yogic complete breath

External intercostals

38. The six pack

Rectus abdominis

39. Innermost layer of abdominal wall

Transverse abdominis

40. Abdominal compressors that also help us do spinal twists

Internal and external obliques

41. These muscles together: trapezius, levator scapulae, major and minor rhomboids, serratus anterior, pectoralis minor

Scapular stabilization

42. These muscles together: supraspinatus, infraspinatus, subscapularis

Rotator cuff

43. In the autonomic nervous system this is Watson to its Holmes

Parasympathetic

44. The 12 pairs of peripheral nerves that don't travel down the spinal canal

Cranial nerves

45. The right one has three parts and is slightly larger than the left one with only two parts

Lungs

46. Gas exchange takes place through these little balls

Alveoli

47. The three bones that intersect inside the hip socket

Ilium, ischium, pubis

48. The acetabulum

The hip socket

49. Sacroiliac joint connects these two bones

Sacrum and ilia

50. Weight down fibula to heel and out fourth and fifth toes

Heel foot

51. The two semi-circular structures on the tibia that cushion and absorb shock

Menisci

52. The ligaments of the knee that cross

Cruciate (posterior and anterior)

53. Weight traveling from the tibia to the talus to the medial three toes

Ankle foot

54. Where do the muscles of the calf generally insert?

The foot

55. If the calf muscles are considered extrinsic muscles to the foot, where are the intrinsic foot muscles?

Within the foot itself

56. What is the second brain?

Enteric Nervous system, vagus nerve

57. Which nerve is the vagus nerve?

10th cranial

END.

HOW TO KEEP STUDYING ANATOMY:

Read a little daily, every now and then/color and read ACB text, learn one muscle at a time: feel it, watch yourself use it throughout the day, do this with organs, ligaments, bones, etc. What your energy and consider what your nervous system's part is, observe movement on self and others and look for the BNPs, draw it, look at a good image with the right amount of detail for you and see if you can draw it – this will show you where you are unclear. Also, choose an anatomical topic, and see if you can explain it to teach it to someone else. Find things in your body. Study yourself, as we ARE anatomy.