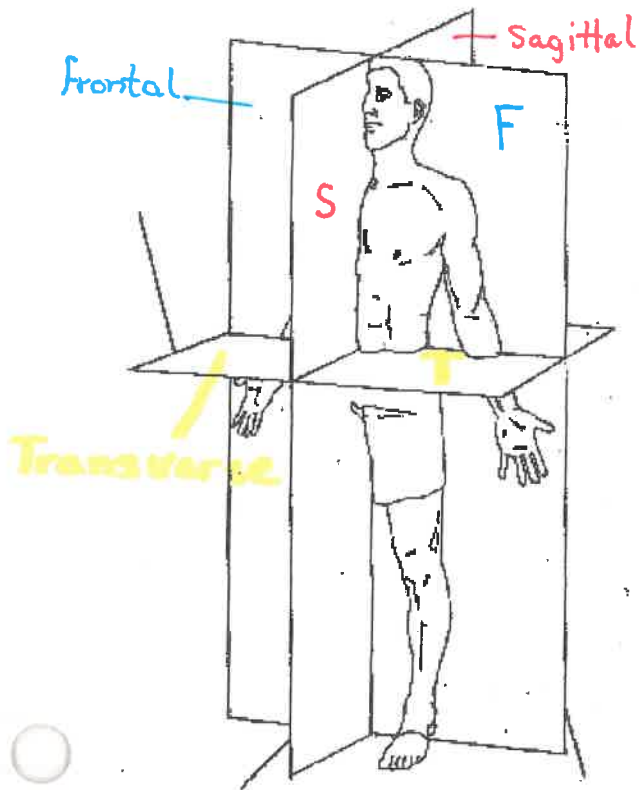


Key

BODY PLANES, DIRECTIONS AND CAVITIES

1. On the diagram below, color the Frontal plane **blue**, the Sagittal plane **red** and the Horizontal plane **yellow**. Label each of these planes.



With your palm open and your thumb pointing up, use your right index finger to follow a sagittal plane on your body. As you do this, which direction (right or left) does your palm face? Left

With your palm open and your thumb pointing up, use your right index finger to follow a frontal plane on your body. As you do this, which direction (front or back) does your palm face? Front

With your palm open and your thumb pointing away from your body, use your right little finger to follow a transverse plane on your body. As you do this, which direction (up or down) does your palm face? Up

Directional Terms

Insert the missing directional terms in the blanks in the statements below

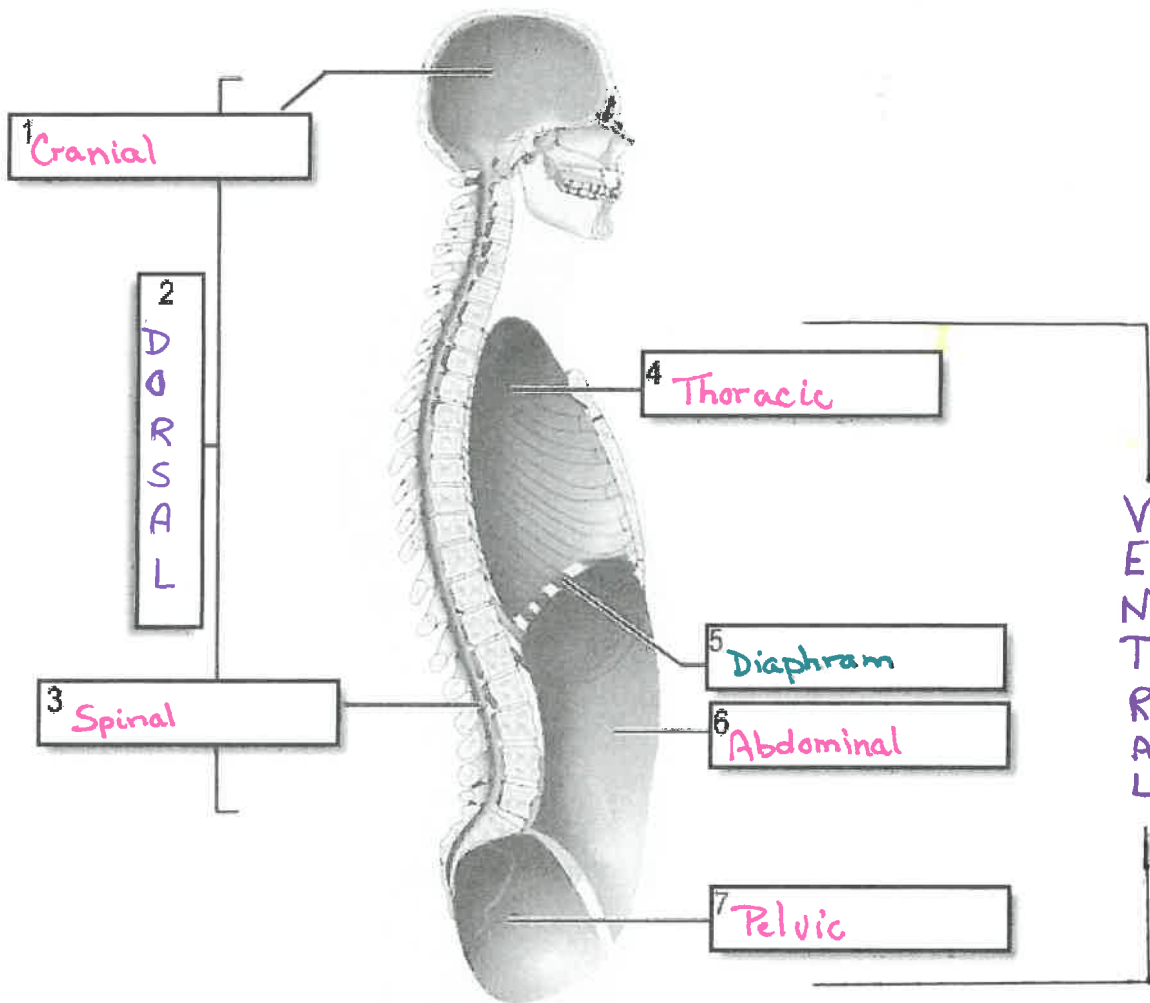
- The head is superior to the foot.
- The thumb is distal to the elbow.
- The lungs are proximal to the heart.
- The nasal cavity is superior to the mouth
- The heart is medial to the elbow.
- The heart is superior to the stomach
- The stomach is inferior to the heart.
- The diaphragm is inferior to the lungs.
- The wrist is distal to the shoulder.
- The knee is superior to the ankle.

Directional Terms

- Place your left index finger on the tip of your nose.
 - List a body part that is superior to your nose. _____
 - List a body part that is inferior to your nose. _____
 - List a body part that is lateral to your nose. _____
 - List a body part that is posterior to the tip of your nose. _____
 - Is there a body part medial to the tip of your nose? _____
 - Is there any body part that is anterior to the tip of your nose? _____

Body Cavities:

1. Label the body cavities in the diagram



2. Why is the abdominal cavity more prone to injuries than the other cavities?

Not enclosed in bone

3. What separates the dorsal cavity into 2 subdivisions?

Skull and Spine (vertebrae)

4. What separates the ventral cavity into 2 subdivisions?

Diaphragm