

Anatomy

Standard position (Anatomical) Head forward and arms to the side. Palms facing forward; fingers extended; thumbs away from body; feet forward, slightly apart

Superior (Cranial) Towards the head

Inferior (Caudal) Away from head

Anterior (Ventral) Front of/Abdominal muscles (Ventral means belly)

Posterior (Dorsal) Back, Behind

Attachments

Proximal Nearest point to attachment of limb

Distal Farthest from attachment/origin
hips for legs; shoulder for arms

Surface

Superficial (external) Nearest to the surface or out of the body

Deep (internal) Away from the outside; opposite of superficial

Midline

Medial Towards midline

Lateral Away from midline

Intermediate Between two structures

Digestive System

uses small molecules for its metabolic needs

mechanically/chemically broken down (digestion)

one way path from mouth to anus

organs are specialized

digestive enzymes are hydrolytic has specific temp and pH

proper nutrition is key

ingestion eating (mechanical)

digestion breakdown (mechanical & chemical)

absorption distribution of nutrients

elimination expulsion (not the same as excretion)

Digestion

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