

1 Introduction to Anatomical Terms 1

Pre-Lab Exercise 1-1	Key Terms	1
Pre-Lab Exercise 1-2	Organ Systems	2
Exercise 1-1	Anatomical Position	4
Exercise 1-2	Directional Terms	4
Exercise 1-3	Regional Terms	5
Exercise 1-4	Body Cavities and Membranes	6
Exercise 1-5	Planes of Section	9
Exercise 1-6	Organs and Organ Systems	10
Unit 1 Quiz		11

2 Chemistry 15

Pre-Lab Exercise 2-1	Key Terms	15
Pre-Lab Exercise 2-2	The pH Scale and -logarithms	16
Pre-Lab Exercise 2-3	Chemical Bonding	16
Exercise 2-1	pH, Acids, and Bases	19
Exercise 2-2	Buffers	21
Exercise 2-3	Enzymes and Chemical Reactions	21
Exercise 2-4	Chemical Solubilities	23
Exercise 2-5	Aspirin Synthesis	25
Exercise 2-6	DNA Extraction	26
Unit 2 Quiz		27

3 Introduction to the Microscope 29

Exercise 3-1	Introduction to the Microscope	29
Exercise 3-2	Focusing and Using the Microscope	31
Unit 3 Quiz		33

4 Cytology 35

Pre-Lab Exercise 4-1	Key Terms	35
Pre-Lab Exercise 4-2	The Plasma Membrane	36
Pre-Lab Exercise 4-3	The Parts of the Cell	37
Pre-Lab Exercise 4-4	The Cell Cycle	37
Exercise 4-1	Organelles and Cell Structures	39

Exercise 4-2	Diffusion	41
Exercise 4-3	Osmosis and Tonicity	43
Exercise 4-4	Mitosis and the Cell Cycle	45
Unit 4 Quiz		47

5 Histology 49

Pre-Lab Exercise 5-1	Key Terms	49
Exercise 5-1	Epithelial Tissue	51
Exercise 5-2	Connective Tissue	53
Exercise 5-3	Muscle Tissue	55
Exercise 5-4	Nervous Tissue	56
Exercise 5-5	Organology	57
Unit 5 Quiz		59

6 Integumentary System 61

Pre-Lab Exercise 6-1	Key Terms	61
Pre-Lab Exercise 6-2	Skin Anatomy	62
Pre-Lab Exercise 6-3	Hair and Nail Anatomy	63
Exercise 6-1	Skin Anatomy and Accessory Structures	64
Exercise 6-2	Histology of Integument	65
Exercise 6-3	Touch Receptor Distribution	67
Exercise 6-4	Fingerprinting	67
Unit 6 Quiz		69

7 Introduction to the Skeletal System and Osseous Tissue 71

Pre-Lab Exercise 7-1	Key Terms	71
Pre-Lab Exercise 7-2	Microscopic Anatomy of Compact Bone	73
Pre-Lab Exercise 7-3	Structure of a Long Bone	73
Exercise 7-1	Microscopic Anatomy of Bone	74
Exercise 7-2	Chemical Components of Bone Tissue	75
Exercise 7-3	Classification of Bones by Shape	76
Exercise 7-4	Structure of Long Bones	77
Unit 7 Quiz		79

8 Skeletal System 81

Pre-Lab Exercise 8-1	Key Terms	81
Pre-Lab Exercise 8-2	Bones of the Skull	83
Pre-Lab Exercise 8-3	Whole Skeleton	84
Exercise 8-1	The Skull	85
Exercise 8-2	Remainder of the Axial Skeleton	88
Exercise 8-3	The Appendicular Skeleton	89
Exercise 8-4	More Practice	92
Unit 8 Quiz		95

9 Articulations 97

Pre-Lab Exercise 9-1	Key Terms	97
Pre-Lab Exercise 9-2	Synovial Joints	99
Pre-Lab Exercise 9-3	The Knee Joint	99
Exercise 9-1	Classification of Joints	100
Exercise 9-2	Synovial Joints	101
Exercise 9-3	Motions of Synovial and Cartilaginous Joints	104
Unit 9 Quiz		105

10 Muscle Tissue 107

Pre-Lab Exercise 10-1	Key Terms	107
Pre-Lab Exercise 10-2	Basic Skeletal Muscle Anatomy	108
Pre-Lab Exercise 10-3	Muscle Fiber Microanatomy	109
Pre-Lab Exercise 10-4	Neuromuscular Junction	109
Pre-Lab Exercise 10-5	Types of Muscle Tissue	109
Exercise 10-1	Skeletal Muscle Anatomy	110
Exercise 10-2	The Neuromuscular Junction	112
Exercise 10-3	Muscle Physiology and the Length–Tension Relationship	113
Exercise 10-4	Smooth and Cardiac Muscle Tissues	114
Unit 9 Quiz		115

11 Skeletal Muscle Anatomy 117

Pre-Lab Exercise 11-1	Key Terms	117
Pre-Lab Exercise 11-2	Skeletal Muscle Anatomy	118

Pre-Lab Exercise 11-3	Muscle Origins, Insertions, and Actions	119
Exercise 11-1	Skeletal Muscle Anatomy	121
Exercise 11-2	Muscle Origins and Insertions	123
Exercise 11-3	Muscle Actions	125
Unit 11 Quiz		127

12 Nervous Tissue 129

Pre-Lab Exercise 12-1	Key Terms	129
Pre-Lab Exercise 12-2	Nervous Tissue Microanatomy	130
Exercise 12-1	Neurons and Neuroglia	131
Unit 12 Quiz		135

13 Central Nervous System 137

Pre-Lab Exercise 13-1	Key Terms	137
Pre-Lab Exercise 13-2	Brain Anatomy	139
Pre-Lab Exercise 13-3	Spinal Cord Anatomy	141
Exercise 13-1	Anatomy of the Brain	142
Exercise 13-2	The Spinal Cord	144
Exercise 13-3	Brain and Spinal Cord Dissection	145
Unit 13 Quiz		149

14 Peripheral and Autonomic Nervous System 151

Pre-Lab Exercise 14-1	Key Terms	151
Pre-Lab Exercise 14-2	Peripheral Nerve Anatomy	152
Pre-Lab Exercise 14-3	Cranial Nerve Locations and Functions	153
Pre-Lab Exercise 14-4	Nerve Plexus and Spinal Nerve Anatomy	154
Pre-Lab Exercise 14-5	Spinal Nerve Locations and Functions	155
Pre-Lab Exercise 14-6	Branches of the Autonomic Nervous System	155
Exercise 14-1	Peripheral Nerve Anatomy	156
Exercise 14-2	The Cranial Nerves	157
Exercise 14-3	Spinal Nerves and Reflexes	160
Exercise 14-4	The Autonomic Nervous System	163
Unit 14 Quiz		165

15 General and Special Senses 167

Pre-Lab Exercise 15-1	Key Terms	167
Pre-Lab Exercise 15-2	Anatomy of the Eye	169
Pre-Lab Exercise 15-3	Extrinsic Eye Muscles	169
Pre-Lab Exercise 15-4	Anatomy of the Ear	170
Exercise 15-1	Anatomy of the Eye and Vision	171
Exercise 15-2	Anatomy of the Ear, Hearing, and Equilibrium	174
Exercise 15-3	Olfactory and Taste Senses	176
Exercise 15-4	The General Senses: Cutaneous Sensation	177
Unit 15 Quiz		179

16 The Cardiovascular System Part 1: The Heart 181

Pre-Lab Exercise 16-1	Key Terms	181
Pre-Lab Exercise 16-2	Anatomy of the Heart	182
Pre-Lab Exercise 16-3	Pathway of Blood Flow Through the Heart	184
Exercise 16-1	Anatomy of the Heart	185
Exercise 16-2	Cardiac Muscle Histology	190
Unit 16 Quiz		191

17 The Cardiovascular System Part 2: Blood Vessel Anatomy 193

Pre-Lab Exercise 17-1	Key Terms: Arteries	193
Pre-Lab Exercise 17-2	Key Terms: Veins	195
Pre-Lab Exercise 17-3	Arterial Anatomy	196
Pre-Lab Exercise 17-4	Venous Anatomy	197
Exercise 17-1	Major Arteries of the Body	198
Exercise 17-2	Major Veins of the Body	200
Exercise 17-3	Time to Trace!	201
Exercise 17-4	Histology of the Blood Vessel Wall	204
Unit 17 Quiz		205

18 The Cardiovascular System Part 3: Cardiovascular Physiology 207

Pre-Lab Exercise 18-1	Key Terms	207
Pre-Lab Exercise 18-2	Autonomic Nervous System and the Cardiovascular System	208
Exercise 18-1	Heart Auscultation	208
Exercise 18-2	Vascular Examination	210
Exercise 18-3	Blood Pressure	212
Exercise 18-4	The Ankle-Brachial Index	214
Unit 18 Quiz		217

19 Blood 219

Pre-Lab Exercise 19-1	Key Terms	219
Pre-Lab Exercise 19-2	Formed Elements	220
Exercise 19-1	Formed Elements (Cells) of Blood	221
Exercise 19-2	ABO and Rh Blood Groups	223
Exercise 19-3	Murder Mystery Game	224
Exercise 19-4	Blood Donation	226
Unit 19 Quiz		229

20 The Lymphatic System 231

Pre-Lab Exercise 20-1	Key Terms	231
Pre-Lab Exercise 20-2	Anatomy of the Lymphatic System	232
Exercise 20-1	Lymphatic System Anatomy	233
Exercise 20-2	Lymphatic Organ Histology	235
Exercise 20-3	ELISA Test for Antigens	236
Unit 20 Quiz		239

21 Respiratory System Anatomy 241

Pre-Lab Exercise 21-1	Key Terms	241
Pre-Lab Exercise 21-2	Respiratory System Anatomy	242
Exercise 21-1	Respiratory System Anatomy	244
Exercise 21-2	Histology of the Respiratory Tract	246
Exercise 21-3	Lung Inflation	248
Unit 21 Quiz		249

22 Respiratory System Physiology 251

Pre-Lab Exercise 22-1	Key Terms	251
Pre-Lab Exercise 22-2	Defining Pulmonary Volumes and Capacities	252
Pre-Lab Exercise 22-3	Labeling Respiratory Volumes and Capacities	253
Exercise 22-1	Pressure–Volume Relationships in the Lungs	254
Exercise 22-2	Measuring Respiratory Volumes and Capacities	255
Exercise 22-3	pH and Ventilation	257
Unit 22 Quiz		259

23 Digestive System 261

Pre-Lab Exercise 23-1	Key Terms	261
Pre-Lab Exercise 23-2	Anatomy of the Digestive System	263
Pre-Lab Exercise 23-3	Digestive Enzymes	265
Exercise 23-1	Digestive System Anatomy	266
Exercise 23-2	Digestive System Histology	268
Exercise 23-3	Digestion	270
Exercise 23-4	Tracing Exercises	274
Unit 23 Quiz		275

24 Urinary System Anatomy 277

Pre-Lab Exercise 24-1	Key Terms	277
Pre-Lab Exercise 24-2	Structures of the Urinary System	278
Pre-Lab Exercise 24-3	Structures of the Nephron	279
Exercise 24-1	Urinary System Anatomy	280
Exercise 24-2	Urinary Organ Histology	282
Unit 24 Quiz		285

25 Urinary System Physiology 287

Pre-Lab Exercise 25-1	Key Terms	287
Pre-Lab Exercise 25-2	Nephron Structure and Function	288
Pre-Lab Exercise 25-3	Glomerular Filtration and Tubular Reabsorption	288
Exercise 25-1	The Model Kidney	290
Exercise 25-2	Urinalysis	291
Exercise 25-3	Time to Trace	292
Unit 25 Quiz		295

26 Endocrine System 297

Pre-Lab Exercise 26-1	Key Terms	297
Pre-Lab Exercise 26-2	Endocrine System Anatomy	298
Pre-Lab Exercise 26-3	Hormones: Target Tissues and Effects	299
Exercise 26-1	Endocrine System Anatomy	301
Exercise 26-2	Endocrine Organ Histology	302
Exercise 26-3	Endocrine "Mystery Cases"	303
Unit 26 Quiz		307

27 Reproductive System 309

Pre-Lab Exercise 27-1	Key Terms	309
Pre-Lab Exercise 27-2	Male Reproductive Anatomy	311
Pre-Lab Exercise 27-3	Female Reproductive Anatomy	312
Pre-Lab Exercise 27-4	Stages of Mitosis	313
Exercise 27-1	Male Reproductive Anatomy	314
Exercise 27-2	Female Reproductive Anatomy	315
Exercise 27-3	Meiosis	316
Exercise 27-4	Spermatogenesis and Oogenesis	317
Unit 27 Quiz		321

28 Human Development and Heredity 323

Pre-Lab Exercise 28-1	Key Terms	323
Pre-Lab Exercise 28-2	Fetal Membranes	324
Pre-Lab Exercise 28-3	Fetal Cardiovascular Anatomy	325
Exercise 28-1	Fertilization and Implantation	326
Exercise 28-2	Embryogenesis, Fetal Development, and Fetal Cardiovascular Anatomy	327
Exercise 28-3	Heredity	329
Unit 28 Quiz		333

29 Physiologic Connections 335

Exercise 29-1	Organelles and Cell Structures	335
Part 1	Heart, Parathyroid Glands, Bone	336
Part 2	Small Intestine, Skin, Muscle	336
Part 3	Spleen, Liver, Large Intestine	336
Part 4	Adrenal Glands, Blood Vessels, Kidney	337
Part 5	Pancreas, Sympathetic Nervous System, Liver	337

Index 339

Photo Credits 344